

WALKING JOURNAL

Number of minutes walked each day



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								



NUTRITION & EXERCISE TIPS

- Start with good nutrition! Choose tasty, nutrient-rich foods that include dairy, fruits, vegetables and whole grains.
- Stretch before and after exercising.
- Find ways to get 60 minutes of activity a day.
- Have a friend or family join you!