

Heart Foundation
Walking



Print copies of the BE ACTIVE WALKING PLAN chart for each week and put a copy on your fridge or desk.

Choose whether you want to record steps, distance or time walked. Or all three!

Be Active Walking Plan				
Name:		Week Number:		
Write down your walking AIM (to be reached by next Sunday) e.g. 3,000 or 5,000 steps a day, 30 or 60 minutes a day, 3 or 5km a day, aim for a brisk pace.				
Pace:	Steps:	Distance:	Time:	
Record achievements each day				
Day	Pace (slow, moderate or brisk)	Steps	Distance	Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



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