

## Walking Plan

It can be difficult to begin a walking or exercise program, creating a walking plan can help set anyone up for success. Consistency is another great key to being successful during this journey!

### 6 Parts of a Walking Plan



- Set goals & make a contract.
- Keep records.
- Use self-tests to measure progress.
- Check your plan every week.
- Reward yourself!
- Make a new contract.



**Walk With Ease**