

# Walk with Ease

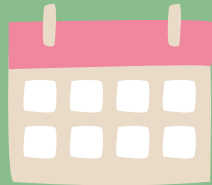
a program for better living



## 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 and make a contract
- Keep records
- Use Self-tests to measure progress
- Check your plan every week
- Reward yourself
- Make a new contract

