

Walk With Ease Contract to Myself:

From (date): _____ To: _____

I, _____ plan to walk
_____ days per week

For _____ minutes a day or _____ (distance)

Broken into _____ sessions (optional)

I plan to walk

(time of day, e.g., morning, at lunch, after dinner).

I will remember to warm up and do warm-up stretches before walking

When I am done walking I will cool down and do cool-down stretches

This will help me prevent any injuries

When I get halfway through this program (week 3), my reward to myself will be:

When I complete this program (6 weeks), my reward to myself will be:

Signature: _____

