

Week 1

Goal: Walk for _____ minutes or _____ distance for the week.

Starting Point Self-Pain (1 no issues – 10 extreme)

Pain: _____ Fatigue: _____ Physical Limitations: _____

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

I was able to walk for _____ minutes or _____ distance this week

What is helping me to keep walking?

What has been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?
