

Week 2

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

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

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

This week I chose this as my fitness measure:

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?

