

## Week 3

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.

What is helping me to keep walking?

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What has been a challenge for me to keep walking?

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

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My reward to myself for reaching halfway through the Walk With Ease program:

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