

## Week 4

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.

Currently my fitness level is:

\_\_\_\_\_

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?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_