

Week 6

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

Ending Point Self-Test (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?

My reward to myself for completing the Walk With Ease program:
