

WALKARLINGTON'S

8 Week Walking Challenge



My Personal Walking Plan

I, _____, commit to walking 30 minutes a day, seven days a week for eight weeks (**October 19 – December 11**).

I am doing this because _____

By the end of this program, I will feel _____ (Insert Adjective).
If I don't always meet my daily walking goal, that's okay. I will do my best and try again the next day.

Here is how I plan to fit in 30 minutes of walking each day:
(On some days, you may not be able to do one walk for 30 minutes. You may want to do three short 10-minute walks throughout the day instead. Other days, you may only be able to walk for 20 minutes. That's okay! Do what makes sense for you.)

	WHEN CAN I FIT IT IN?	WHAT MIGHT PREVENT ME FROM WALKING ON THIS DAY?	HOW CAN I OVERCOME BARRIERS TO WALKING 30 MINUTES A DAY?
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SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			