

# COMMIT TO ACCOUNTABILITY

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## Share Pictures

in the Facebook group of your challenges and accomplishments in achieving your walking goals.



## Set Reminders

on your phone to take a walk in the morning, at lunch, or in the evening.



## Download the Personal Walking Plan

Fill it out and keep it on your refrigerator or on your bathroom mirror and refer to it when you're not feeling motivated.



## Track Your Steps

with a fitness app or pedometer. A general rule is that 1,000 steps = 10 minutes = ½ mile.

#WalkARLChallenge

Walk   
Arlington

  
ARLINGTON  
VIRGINIA