WALKARLINGTON'S

# 8 Week Walking Challenge

# Progress Journal

Track your progress and reflect on your goals during the 8-Week Walking Challenge as you commit to walk 30 minutes each day for eight weeks.

In this journal you'll be able to reflect, use creativity, and see your progress. Each week, there will be a new prompt to help motivate you, plus a few fun mini activities to incorporate on your walks.

Congratulations on taking the first step toward a healthier you!

> "The longest journey begins with a single step."
>
> — Patanjali

# Get Started with Setting Goals

I, _____, commit to walking **30 minutes a day**, seven days a week **for the next eight weeks** between _____ and _____.

I have decided to make this commitment because: _____

_____.

By the end of this challenge, I will feel: _____.

**If I don't always meet my daily walking goal, that's okay. I will do my best and try again the next day.**

## Optional

Besides walking, I would also like to establish a few other healthy habits for myself:

_____

_____

_____

_____

_____

_____

_____

_____

> **It's about effort, not about being perfect.**
>
> — Author Unknown

# WEEK 1

**This week focuses on what is going to help motivate you to accomplish your goals throughout the next eight weeks.**

**For me, accountability looks like:**_____

## PROMPT >>

Take a photo of something that inspires you while you are getting your walk in. Save it to your phone background, post it online, and tag @WalkArlington.

## How to Get the Most Out of the Program

**SHARE PICTURES**
in the Facebook group, on Twitter, on Instagram and tag @WalkArlington to engage with other program participants, find inspiration, and share cool discoveries.

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

**USE YOUR JOURNAL**
to hold yourself accountable and reflect on your progress.

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

> **One step at a time is good walking.**
>
> — Author Unknown

## WEEKLY HABIT TRACKER

Write down the habits that you will practice daily this week. Keep track of your progress.

| ACTIVITY | MINUTES PER WEEK | M | T | W | TH | F | SA | S |
|---|---|---|---|---|---|---|---|---|
| Walk for 30 minutes | 210 | | | | | | | |
| | | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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# WEEK 2

**This week focuses on mindfulness. Slow down, use your senses to notice things around you, and take notice of how it all makes you feel.**

**I will practice mindfulness when I:** _____

## PROMPT >>

Incorporate some light stretches or yoga poses before or after your walk.

## Three Yoga Poses to Try Before or After Your Walk

These are good yoga poses to do while standing. Hold each pose for 15 seconds to one minute, depending on your comfort level.

Triangle Pose | Tree Pose | Warrior II Pose

> **Walk as if you are kissing the earth with your feet.**
>
> — Thich Nhat Hanh

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# WEEK 3

**This week focuses on physical and mental wellness. Both are important when seeking to accomplish healthy habits.**

**Fitness for my mind and body looks like:** _____

## PROMPT >>

Add 5 extra mindful minutes to your walks this week. Implement a mindful meditation and acknowledge how well you are doing with meeting your goals. You can do it!

> You don't have to go fast, you just have to go.
>
> — Author Unknown

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# WEEK 4

**This week focuses on one new place that you can walk to. Plan your route and go for it!**

**This week, I'll walk to _____ for the first time.**

## PROMPT >>

Check in with the 8-Week Walking Challenge Facebook group, or tag @WalkArlington on Twitter or Instagram, and post a picture of something eye-catching on your walk. Share one new habit that you're working on.

## Tips for Walking to Get Groceries

**HERE ARE 5 TIPS TO MAKE IT EASIER TO SHOP AND WALK**

### 1. RETHINK WHERE YOU SHOP

Buy things at alternate times and alternate locations to reduce the size of your grocery shopping. Add a stop at the local farmer's market to your weekly routine.

### 2. BE PREPARED

Keep a foldable tote bag with you for spontaneous purchases. Better for the environment and your shoulders will thank you too.

### 3. GET THE RIGHT GEAR

A collapsible grocery cart or a backpack help distribute weight and with transporting heavier items.

### 4. USE A BASKET IN THE STORE

This helps you to be realistic about what you're buying. If you can't carry it around the store, you won't be able to carry it home.

### 5. CONSIDER DELIVERY

Meal subscription services and grocery delivery are increasingly popular ways to eliminate grocery trips. Or use them for bulky items such as soft drinks and cat litter.

COMPILED BY WALKARLINGTON

> **Motivation is what gets you started. Habit is what keeps you going.**
>
> — Jim Ryan

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# WEEK 5

**This week focuses on incorporating balance into your life, as you are practicing new habits while maintaining your daily routines.**

## PROMPT >>

What does balance look like to you? Write, draw, doodle, and let your mind wander.

> **Balance is not something you find. It's something you create.**
>
> — Jana Kingsford

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# WEEK 6

**This week show yourself some appreciation. Focus on the things about yourself that you love. The things that may not be perfect, but that make you, you. You're doing a great job!**

## PROMPT >>

Share something (or some things) that you love about your body and bask in the glow of self-love. I appreciate and love my body for: (Find something different to write about every day.)

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Credit: Verywell / Catherine Song

> "I think about my body as a tool to do the stuff I need to do, but not the be all and end all of my existence."
>
> — Lena Dunham

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# WEEK 7

**This week focuses on how you are connecting with others on your journey. Fostering a sense of community with people who have similar goals is a great way to stay on track.**

**I feel connected to others when I:** _____

## PROMPT >>

Invite a friend to walk with you this week or call a friend while you walk and catch up. Share a story or photo about how you connected with someone this week in the 8-Week Walking Challenge Facebook group, on Twitter or Instagram, and tag us @WalkArlington.

> **When we establish human connections within the context of shared experience, we create community wherever we go.**
>
> — Gina Greenlee

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# WEEK 8

**This week focuses on gratitude. You've done a great job just by setting an intention to be healthier. Give gratitude to yourself, nature, and anything else that is supporting you on your walking journey. Feel proud of what you've accomplished over the last eight weeks and keep going! (Even if you didn't complete every prompt)** 😊

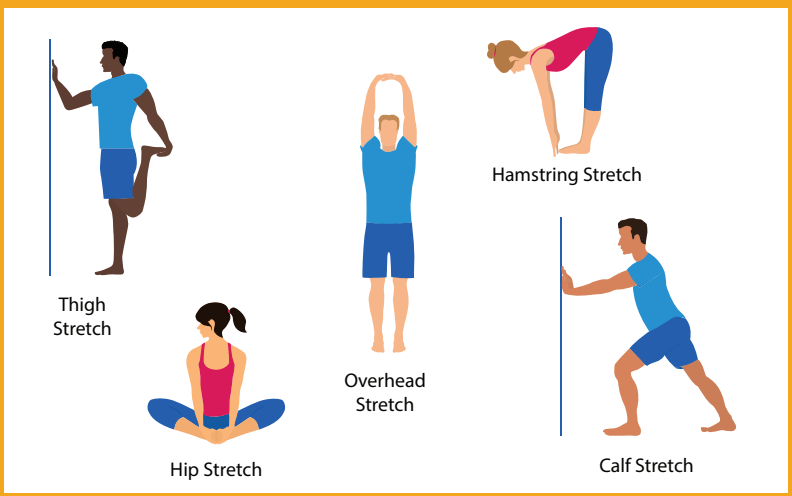
**Being in nature makes me feel:** _____

## PROMPT >>

Spend some time in a park, even if for 5 minutes, to absorb the greenery. It can do wonders for your mood and health.

## Five Stretches to Try Before or After Your Walk

After you complete a 3 minute warm up walk, by walking in place or walking slowly, try the stretches below. Stretches help to prevent injury and improve overall performance. Hold each stretch for 15 seconds to one minute, depending on your comfort level.




> "I go to nature to be soothed, healed, and have my senses put in order."
>
> — John Burroughs

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