

CHOOSE
2 WALK

CHOOSE2WALK TRACKER

Use this chart to record your daily walks. The goal is to walk at least 30 minutes, 5 days per week. That is a total of 150 minutes of walking at the end of each week! This will increase overall health as well as promote weight loss.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SUNDAY	_____	_____	_____	_____
MONDAY	_____	_____	_____	_____
TUESDAY	_____	_____	_____	_____
WEDNESDAY	_____	_____	_____	_____
THURSDAY	_____	_____	_____	_____
FRIDAY	_____	_____	_____	_____
SATURDAY	_____	_____	_____	_____