

Walking Plan Chart

You can use this chart to record steps, distance or time walked. Or all three!

WALKING PLAN				
Name:		Date:		
Write down your walking AIM (to be reached by next Sunday) Eg. 3,000 or 5,000 steps a day, 30 or 60 mins a day, 3 or 5 mins a day, aim for a brisk pace.				
Pace:	Steps:	Distance:	Time:	
Record achievements each day				
Day	Pace (Slow, Mod, Brisk)	Steps	Distance	Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				