

Walking Planner

Month: _____

For a healthy mind, body and heart - WALKING WINS!

Walking 30 minutes or more, 5 days per week can reduce the risk of heart disease by 35% and help you enjoy a greater quality of life.

TIP:
Display your planner in a visible location for a daily reminder, such as the fridge.

Ready to start? Tick the days you walked or simply follow the tips to help you get more out of walking and track your progress towards a new healthy habit!

Add the days of the week

1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>	6	<input type="checkbox"/>	7	<input type="checkbox"/>
Remember to stretch! 		Challenge yourself - start off slow and build up over time 				Stay hydrated - drink water as required 				Bring a friend along - it can help motivate you AND them! 			
8	<input type="checkbox"/>	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>	13	<input type="checkbox"/>	14	<input type="checkbox"/>
		Walking can lift your mood - how do YOU feel today? 						Remember your WHY - small habits help reach goals 				Why not try a different route today? 	
15	<input type="checkbox"/>	16	<input type="checkbox"/>	17	<input type="checkbox"/>	18	<input type="checkbox"/>	19	<input type="checkbox"/>	20	<input type="checkbox"/>	21	<input type="checkbox"/>
Local walks can help you build community connections 				Life can be busy - slow down and connect with nature 						Walk smarter - combine walking with other activities 			
22	<input type="checkbox"/>	23	<input type="checkbox"/>	24	<input type="checkbox"/>	25	<input type="checkbox"/>	26	<input type="checkbox"/>	27	<input type="checkbox"/>	28	<input type="checkbox"/>
		Feeling tired? Walking can help boost energy and improve sleep 				Short on time? Even 10 minutes has benefits! 		Too hot or wet outside? Go for a stroll indoors 				Every step counts - keep it up! 	
29	<input type="checkbox"/>	30	<input type="checkbox"/>	31	<input type="checkbox"/>								
Final week! Let's finish strong! 				Focus on your breath - stay in the moment 									



Looking for more motivation?

Get a FREE Personal Walking Plan or join a local walking group at walking.heartfoundation.org.au

