## WALKTOBER

## Walking/Physical Activity Planner

## My Name:

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Step 1: Set a physical activity goal for each week.
Step 2: Make a plan to reach your goal.
Step 3: Track your activity by checking off "I did it" each day you complete your plan.
Example My Goal: Walk for 15 minutes a day

| Date: | When: | Where: | What: | How long: | I did it! |
| :--- | :--- | :--- | :--- | :--- | :---: |
| Monday | Lunch | At work | Walk | 15 min |  |

WEEK 1 My Goal:

| DATE | WHEN | WHERE | WHAT | HOW <br> LONG | I DID IT! |
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## WALKTOBER

WEEK 2 My Goal:

| DATE | WHEN | WHERE | WHAT | HOW <br> LONG | I DID IT! |
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Reflections:

## WALKTOBER

WEEK 3 My Goal:

| DATE | WHEN | WHERE | WHAT | HOW <br> LONG | I DID IT! |
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Reflections:

## WALKTOBER

WEEK 4 My Goal:

| DATE | WHEN | WHERE | WHAT | HOW <br> LONG | I DID IT! |
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Reflections:

