

# Walk Every Day

Tick the days on the calendar below each time you walk

<b>1</b> Get those shoes ready – Let's go!	<b>2</b> Walk with a friend to keep you going	<b>3</b> Start slowly and build up gradually	<b>4</b> Why not walk first thing to get into a routine	<b>5</b>
<b>6</b>	<b>7</b> Keep a record of when you walk to help with motivation	<b>8</b>	<b>9</b> Have your kit ready the night before	<b>10</b> Plan when you are going to walk and stick to it
<b>11</b> Don't think about it – just walk!	<b>12</b>	<b>13</b> Put a reminder on your phone to walk every day	<b>14</b>	<b>15</b> Walk in the morning? lunchtime? or evening?
<b>16</b>	<b>17</b> Are you up for another walk today?	<b>18</b>	<b>19</b>	<b>20</b> Are you counting your steps?
<b>21</b> Did you manage to get out and walk today?	<b>22</b> It only takes 20 minutes to walk a mile – try it!	<b>23</b>	<b>24</b> Noticed anything different on your walk today?	<b>25</b> Have you got into the habit of walking every day?
<b>26</b> Why not join a Health Walk?	<b>27</b>	<b>28</b> Give ParkWalk a go! More info on ParkRun website	<b>29</b>	<b>30/31</b> Well done, you did it! Why not continue?