

Walk Every Day

Tick the days on the calendar below each time you walk

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