

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 up to 20% 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

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

 **Heart Foundation**
WALKING