****8039 Walking Program**

The following program can be used with or without a pedometer.

**LEVEL 1**

This program is for people who are currently inactive:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Minutes Walking | 15 | 18 | 20 | 25 | 30 | 32 | 35 | 40 | 42 | 45 |
| Walks per week | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 6 | 6 | 6-7 |
| Km | Start at Week 1 with about 1 km and work up to 4 km by Week 10 |
| Steps per day using pedometer | Establish your baseline. Increase your number of steps by 500 each week until you reach your step goal (see Daily Step Goals chart) |

**LEVEL 2**

This program is for people who are physically active on a regular basis:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Minutes Walking | 30 | 32 | 35 | 40 | 42 | 45 | 45 | 50 | 55 | 60 |
| Walks per week | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 6-7 | 6-7 |
| Km | Start at Week 1 with about 2 km and work up to 8 km by Week 10 |
| Steps per day using pedometer | Establish your baseline. Increase your number of steps by 500 each week until you reach your step goal (see Daily Step Goals chart) |

Reference: Active2010

****Weekly Walking Log**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Daily Step/ Time Goal** |  |  |  |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |  |  |  |
| Monday |  |  |  |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |  |  |  |
| **Daily Average** (weekly total divided by seven) |  |  |  |  |  |  |  |  |  |  |

Track your progress and success instantly! <http://pedometer.active2010.ca/PedometerChallenge/challenge.cfm>

*Resource: Active2010*