

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

