



walking tracker



Name: _____

Walking Group Name: _____

Walking Group Leader Name: _____

Date			Progress (miles walked, minutes walked)			Date			Progress (miles walked, minutes walked)		
Week 1											Week 3
Week 2											Week 4

.....➔ **PHYSICAL ACTIVITY CAMPAIGN PLEDGE FOR BETTER HEALTH** I pledge to make physical activity part of my daily life. I am choosing walking as an easy way to get active and stay healthy. With the help of the Start! Walking Program, I will set and meet personal goals and track my progress. By taking this pledge, I can reduce the risks of heart disease and stroke and maintain a happier, healthier life.

Signature: _____ Date: _____