

Step into Wellness: A 4-Week Walking Plan



Week 1: Kickstart Your Routine

Set some goals & prep for the month!

Goals for the week:

- Set a personal daily step goal on your dashboard
- Locate your activity tracker and charge it if necessary
- Make a plan for how you'll get in more steps
- Participate in National Walking Day on April 3rd

Total Steps:



Week 2: Grab a Walking Buddy

Our pets and people can make exercising more fun and help us build healthy habits.

Goals for the week:

- Invite a friend or family member to walk with you this week
- Getting moving with your dog (or even cat!) if you have one
- Take your dog outside for a run, walk, or game of fetch
- Don't forget to say hi to others while you're out and about

Total Steps:



Week 3: Explore & Discover

Exploring new places is a great way to move more.

Goals for the week:

- Commit to visiting a local park or trail you've never been to before
- Consider visiting a museum or art exhibit to get some steps in
- Try taking a different walking route than your usual

Total Steps:



Week 4: Focus on Wellness

Walking is an excellent tool for building mindfulness and easing stress.

Goals for the week:

- Practice mindful walking by focusing on your breath and surroundings
- Listen to calming music or an inspiring podcast on one of your walks
- Incorporate stretching or yoga poses during breaks
- Try meditating for 5 minutes after a walk

Total Steps:

Daily Step Goal: _____ Total Steps at End: _____