

WALKING CHART

I am going from _____ to _____

Number of approximate steps:

Number of approximate miles:

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1								
2								
3								
4								
5								
6								
WEEKLY TOTAL								

Combine your physical activity with some healthy plant nutritious food choices and you are on your way to making **HEALTHYLIVING** a Beautiful HABIT... Keep it fun, exciting, and challenging!