

My walking Winter Arc

One small goal. A week that fits your life.

Week starting: _____

My walking goal

My walking week

Day	Steps or minutes	My walk / notes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

What worked? What could change next week?

A missed day does not erase your progress. Adjust the plan when you need to.



Make movement more fun

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