

Be Active Walking Plan

Your podiatrist says walking is the best medicine

Print copies of the **Be Active Walking Plan** chart for each week and put a copy on your fridge or desk.

As a rough guide a 10 minute stroll will cover .6 of a kilometre, a medium pace walk .9 of a kilometre and a brisk walk 1.1 kilometres

Choose whether you want to record steps, distance or time walked. Or all three!

| | |
|-------|-------------------|
| Name: | Fortnight number: |
|-------|-------------------|

Write down your walking goal e.g. 3,000 or 5,000 steps a day, 30 or 60 minutes a day, 3 or 5km a day, aim for a brisk pace.

| | | | |
|-------|--------|-----------|-------|
| Pace: | Steps: | Distance: | Time: |
|-------|--------|-----------|-------|

Record achievements each day

| Day | Pace (slow, moderate or brisk) | Steps | or | Distance | or | Time |
|---------------|---|-------|----|----------|----|------|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |

If you enjoyed this walking activity go to www.heartfoundation.org.au/walking to download additional copies of the Heart Foundation Walking activity plan or find a free walking group near you.

Australasian Podiatry Council (APodC) thanks the National Heart Foundation for this form, APodC sponsors New Balance, Clarks, Steel Blue, and Novartis for ongoing support – and extends special thanks to Algeos, suppliers to the profession, for their support.

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