



# Let's Walk and Roll

Fill in the date and the total minutes of daily walking or wheeling you achieve. Check off whether you achieved each day's challenge and jot down any thoughts or feelings you have. Don't forget to do a quick dynamic stretch before getting started to loosen up your muscles and prevent strain or injury. On rest days, take some time to reflect on your progress

## Stage 1: Getting Started

- Activity 1** Walk 10 Minutes \_\_\_\_\_
- Activity 2** Walk 15 Minutes \_\_\_\_\_
- Activity 3** Walk 15 Minutes \_\_\_\_\_
- Activity 4** Walk 15 Minutes \_\_\_\_\_
- Activity 5** Rest and reflect (stretch) \_\_\_\_\_
- Activity 6** Walk 20 Minutes \_\_\_\_\_

## Stage 2: Level Up

- Activity 7** Walk 20 Minutes \_\_\_\_\_
- Activity 8** Walk 20 Minutes \_\_\_\_\_
- Activity 9** Rest and reflect (dynamic stretches) \_\_\_\_\_
- Activity 10** Walk 20 Minutes \_\_\_\_\_
- Activity 11** Walk 20 Minutes \_\_\_\_\_
- Activity 12** Walk 25 Minutes \_\_\_\_\_

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## Stage 3: In the Zone

- Activity 13** Rest and reflect 

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- Activity 14** Walk 25 Minutes 

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- Activity 15** Walk 25 Minutes 

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- Activity 16** Walk 25 Minutes 

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- Activity 17** Rest and reflect 

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- Activity 18** Walk 30 minutes 

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## Stage 4: Home Stretch

- Activity 19** Walk 30 minutes 

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- Activity 20** Walk 30 minutes 

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- Activity 21** Rest and reflect 

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- Activity 22** Walk 30 minute 

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- Activity 23** Walk 30 minute 

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- Activity 24** Walk 30 minute 

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- Activity 25** Set a SMART goal 

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# Let's Walk and Roll

Use this blank template to set your own movement goals! Beside each activity, write down the number of minutes of walking or wheeling you want to achieve for the day. Keep track of the date, total minutes of walking, and check off whether you achieved each day's challenge. Be sure to incorporate some dynamic stretches before getting started. Also, don't forget to schedule some rest and reflect days to prevent fatigue.

## Stage 1: Getting Started

<input type="checkbox"/>	Activity 1	_____	_____
<input type="checkbox"/>	Activity 2	_____	_____
<input type="checkbox"/>	Activity 3	_____	_____
<input type="checkbox"/>	Activity 4	_____	_____
<input type="checkbox"/>	Activity 5	_____	_____
<input type="checkbox"/>	Activity 6	_____	_____

## Stage 2: Level Up

<input type="checkbox"/>	Activity 7	_____	_____
<input type="checkbox"/>	Activity 8	_____	_____
<input type="checkbox"/>	Activity 9	_____	_____
<input type="checkbox"/>	Activity 10	_____	_____
<input type="checkbox"/>	Activity 11	_____	_____
<input type="checkbox"/>	Activity 12	_____	_____

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## Stage 3: In the Zone

- Activity 13 \_\_\_\_\_
- Activity 14 \_\_\_\_\_
- Activity 15 \_\_\_\_\_
- Activity 16 \_\_\_\_\_
- Activity 17 \_\_\_\_\_
- Activity 18 \_\_\_\_\_

## Stage 4: Home Stretch

- Activity 19 \_\_\_\_\_
- Activity 20 \_\_\_\_\_
- Activity 21 \_\_\_\_\_
- Activity 22 \_\_\_\_\_
- Activity 23 \_\_\_\_\_
- Activity 24 \_\_\_\_\_
- Activity 25 \_\_\_\_\_