National Walking Day

HOW-TO GUIDE

NATIONAL WALKING DAY
APRIL 2, 2014
National Walking Day is April 2. By committing to walk at least 30 minutes, you can get healthier and raise awareness about the importance of physical activity. On this day, millions of people throughout the United States will come together to take steps to live a healthier life for themselves, their families and their communities.

You can celebrate the day in the workplace, at schools, in neighborhood walking groups and in local organizations or clubs. This guide includes heart-healthy tips, helpful articles and an intermediate walking plan to help you plan a great event for your school.

What You Will Find in this Guide:

Your free toolkit includes everything you need to put on a great event! You’ll find resources such as:

- Getting Started ........................................... 2
- Ideas for Your Event ................................. 3
- Email and Letter Templates ................. 5
- Four Weeks of Healthy Living Tips ............... 8
- Four Healthy Living Articles ................. 10
- Four-Week Intermediate Walking Plan .......... 15
- Four-Week Walking Countdown Challenge Tracker .............. 16

Additional resources for National Walking Day:
- Posters and Graphics
- Warm-Weather Fitness Guide
- Cold-Weather Fitness Guide
National Walking Day is a day to get active and kick off healthy lifestyles in your school, organization or in your circle of friends. It’s easy to get started with this guide, plus our great promotional resources and health information. Start here with our step-by-step action plan.

Step 1: Choose your date

National Walking Day is April 2, but you can set a different date if it works better for your school. Your Walking Day can be any day! Once you choose a day, get it on your school calendar right away, and use one of our email templates to help build awareness. You can also start sending daily tips, stretches and a walking plan to get everyone moving.

Step 2: Choose your event

We have lots of great ideas from others who have celebrated National Walking Day with us. Take a look at our Walking Day Event Ideas in this guide.

Step 3: Plan your event

Use the checklist in this guide to make sure you’ve covered all the details — from food to emails to healthy living tips.

Step 4: Spread the word

Date set? Now start promoting your event! Use the emails, social media posts and health information we’ve provided. Contact parents and other school volunteers who may want to help or attend the event. Then hang posters in break rooms, restrooms and common areas to build momentum. You can download posters from the Heart.org/NationalWalkingDay website.

Step 5: Celebrate!

Take a breath, and start walking. Today is the day you’ll pledge to live a longer, stronger and healthier life.
National Walking Day is a day to kick off a commitment to healthy living. And there are so many ways to do that! Below is a list of ideas that you can use leading up to the event, on the day of the event and after the day is over.

Before the Big Day
Building excitement is important. There are many ways to do this including:

• **Send emails.** Use one of our email templates or get creative and make your own.

• **Use social media** to increase awareness and excitement.

• **Setting a goal or making a pledge** are often great ways for people to kick off their healthy lifestyle. Ask each student, teacher and staff member to write down one goal or pledge to start living healthy. Incorporate this pledge into the Four-Week Walking Countdown Challenge. (See After the Event for more details.)

• **Invite community members.** Use our email template to invite parents and guardians to join in on the day with their children.

Choosing Your Promotional Event

• **Wear sneakers.** The easiest way to get everyone motivated is to encourage them to wear sneakers to school on National Walking Day.

• **Host a walk.** Set a time to lead your students and teachers on a 30-minute walk. This could be indoors or outdoors. Map a Walking Path at StartWalkingNow.org.

• **Have a rally.** Kick off the day with a rally or assembly. Invite a guest speaker to speak about healthy living and physical activity. Announce the start of the Four-Week Walking Countdown Challenge. (See After the Event for more details.)

• **Host a wellness fair.** Host an education event for your school community including:
  
  — An introduction to making healthy choices a personal priority through AHA’s Life’s Simple 7 and My Life Check assessment. Within a few minutes, participants will know how they’re doing with each one of Life’s Simple 7 measures. A personal heart score and life plan will help them create a personal action plan. Learn more at MyLifeCheck.Heart.org.
  
  — How-to activity seminar with a local fitness center to educate participants on physical activity topics like the proper way to stretch.
  
  — Visit from a nutritionist or dietitian to talk about healthy eating and answer any questions.
  
  — Cholesterol, blood pressure and other screenings from a local hospital or clinic.
  
  — Testimonial from a heart disease survivor who shares his or her experience.
Healthy living doesn’t stop after one day. Use National Walking Day to keep the momentum going by launching a four-week program for health. We’ve included everything you need to motivate your school — tips, articles, a walking plan and a tracker.

Four-Week Walking Countdown Challenge
For the next four weeks encourage your students, staff and their families to keep walking and living a healthy lifestyle. This toolkit includes four weeks of tips, articles, a walking plan and a walking tracker.

- **Daily Tips** — Provide the tips to students and staff at the beginning of the challenge so they can try one each day with their families.
- **Articles** — Provide one article to students and staff each week of the challenge.
- **Intermediate Walking Plan** — Give to students and staff at the beginning of the countdown.
- **Walking Countdown Challenge Tracker** — Give to students and staff so they can track their progress.

Ways To Make It More Exciting
- Make the Four-Week Walking Countdown Challenge a competition among classes or grade levels and kick it off on National Walking Day.
- Encourage each classroom or grade level to come up with a team name and mascot.
- Hold another rally or a picnic to celebrate after four weeks of health.
- Continue the focus on healthy physical activity by signing up your school to participate in Jump Rope For Heart or Hoops For Heart. Have fun and raise funds to save lives from America’s No. 1 and No. 4 killers — heart disease and stroke. Find details at Heart.org/Jump.

National Walking Day is where millions of Americans across the nation will take steps to a healthier life, but it’s also about having fun and creating camaraderie. Don’t forget to enjoy the day!
Announcement

Step by step, day after day, you walk to make progress. Every day we take thousands of steps to get where we need to go. Now we can take steps toward a healthier lifestyle and support the American Heart Association.

On Wednesday, April 2, [INSERT SCHOOL NAME] will join the American Heart Association in celebrating National Walking Day. It’s a day to challenge ourselves and our nation to get heart healthy and fit. We’ll have several events on this day including:

• [INSERT EVENT]
• [INSERT EVENT]

Mark your calendars now. More details will be coming soon!

[INSERT NAME OR COMMITTEE NAME]

Second Announcement

Don’t forget: On Wednesday April 2, we’ll be celebrating National Walking Day with the American Heart Association.

Physical inactivity is a huge national problem. The American Heart Association recommends 150 minutes of moderate to vigorous physical activity per week for adults and 60 minutes PER DAY for children and adolescents. Most of us right here are [INSERT SCHOOL NAME] don’t meet that standard. And it means we’re at greater risk for heart disease, stroke and other blood vessel diseases.

But we’re not going to take it sitting down.

On April 2, we’ll join millions of Americans as they pledge to live a healthier lifestyle and get physically active.

Here’s what you can do to join in the celebration:

• Show your support and wear sneakers to school or work on April 2.
• Join our rally at [INSERT TIME] at [INSERT LOCATION] and pledge to live a healthier lifestyle!
• Since you’ll be wearing your sneakers, we challenge you to take a 30-minute walk on April 2 — and keep it up! Start a habit of daily walking at school, work or home.
• Visit StartWalkingNow.org and use the American Heart Association’s free tips, tools and trackers to stay motivated on your walking program.

Don’t forget to mark your calendar for [INSERT TIME] on April 2 to join us in our celebration [INSERT LOCATION].

See you there!

[INSERT NAME OR COMMITTEE NAME]
Day Before Event

Don’t forget: Tomorrow is our **National Walking Day** celebration! Be sure to join us for a fun rally and a short walk. Most of all, don’t forget to wear your sneakers! Meet us at [INSERT LOCATION] tomorrow at [INSERT TIME].

Don’t be late!

Post Event

Thanks to everyone who joined us to celebrate **National Walking Day**. We had a great turnout and a lot of commitment to get healthy and get fit. [ADD MORE HERE IF DESIRED, e.g., announcement of winners, pledges, etc.]

But we can’t get healthy in one day. So we’re launching a Four-Week Walking Countdown Challenge, courtesy of the **American Heart Association**. Every week for the next four weeks, we’ll be sending you everything you need to complete the challenge. You’ll get:

- Daily health tips
- Great weekly articles that will help guide you through the ups and downs of getting healthy; and
- A walking plan for intermediate walkers who want to improve their health and increase their energy!

[INSERT IF YOU ARE INVOLVED IN JUMP ROPE FOR HEART OR HOOPS FOR HEART]

Don’t forget that part of fighting heart disease, the nation’s No. 1 killer, is helping the American Heart Association fund lifesaving research. We can do that by spreading the word and raising funds from our friends and family through **Jump Rope For Heart/Hoops For Heart** on [INSERT DATE].

Thanks and let’s get walking!

[If applicable, include information about another rally or event at the end of the four weeks]
Appendix

• Four Weeks of Healthy Living Tips ........................................ 8
• Weekly Articles
  o Week One: Ready, set, walk! ............................................. 10
  o Week Two: Learn How to Work Out at Work ...................... 11
  o Week Three: Stressed out? Take control! .......................... 12
  o Week Four: Walk This Way — With Your Whole Family! ........ 14
• Four-Week Intermediate Walking Plan .............................. 15
• Four-Week Walking Countdown Challenge Tracker .............. 16
Try one tip a day for four weeks to improve your heart health.

**Week One**

- **Park and walk.** How many times have you circled the parking lot to find “the” spot? Spare yourself the stress and gain more energy by parking far away (or even in a remote lot) and walking farther to your destination.

- **Skip the cake**, say goodbye to pie and take a walk after dinner. You’ll get a reward that’s sweeter than dessert: more family time.

- **Warm up before you work out.** If you plan to run, start by walking. Then walk fast, and then speed up to a jog to increase your heart rate. When you aren’t active your muscles are cooler and tighter. Go easy on them by letting them get gradually loose and warmer instead of making them go straight from cold to hot.

- **Stretch after every workout to help prevent injury or strain.** Pick two or three of your favorite songs to play while you stretch — and don’t stop until they’re over. The minutes will speed by and you’ll get all the stretching you need.

- **Water is your friend! The harder and longer you work out, the more you need.** Did you know that 70 percent of your body is made of water? Make sure to replace whatever water you sweat out after each workout. Your body needs it.

**Week Two**

- **Don’t get stuck in a workout rut.** Try and incorporate a new physical activity every few weeks to stay motivated and make sure your workout is working. Try different activities and sports to keep your body guessing and to improve your fitness.

- **Take the stairs.** The elevator may go up — but it doesn’t make your heart rate climb. Take the stairs instead. You may huff and puff at first, but over time, your body will thank you.

- **Dance!** Do it in a ballroom, at a club or even in your living room. You’ll burn calories and gain a new hobby.

- **Shake up the after-school routine.** Limit screen time, including TV and video games, to less than 2 hours a day. Encourage your kids to go for a bike ride or shoot some hoops before starting on their homework. They’ll feel better and think better!

- **Give up bad habits.** Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, decide to quit now.
Week Three

- **Slow down and stress less.** Try to pace instead of race. Plan ahead and allow enough time to get the most important things done.

- **Get enough sleep and cut the stress.** Try to get six to eight hours of sleep each night. If you can’t sleep, take steps to help reduce stress and depression. Physical activity may also help you sleep better.

- **Get organized to lessen your stress.** Use to-do lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.

- **Tune into fitness during TV time.** Reject your inner couch potato. Walk, jog in place or use the treadmill at the gym while you watch your favorite 30-minute show.

- **Wear a pedometer.** To increase your physical activity, wear a pedometer for a week or two to find out how many steps you take on average each day. Then every two weeks increase your daily average by 500 steps. Before you know it, you’ll hit 10,000 steps a day!

Week Four

- **Master the art of typing while on a treadmill by securing the laptop to the base.** Be creative to fit in fitness while you work!

- **Create a physical activity accountability partner.** The co-worker who always holds you to your deadlines can serve double duty by helping you reach your fitness goals.

- **Get busy when you travel for business.** See the sights in new cities by walking, jogging or bicycling. If you will be spending a lot of time in an airport, walk while you wait! Many airports now have designated walking paths that travelers can use while they are waiting for their flights.

- **Join a fitness center near your job.** Work out before or after work to avoid rush-hour traffic, or drop by for a lunchtime workout.

- **Get active at work.** Many adults spend the majority of their day at work. Add some physical activity to your work day by taking 5 minute stretch breaks throughout the day, scheduling walking meetings when possible, or standing during conference calls.
Even if you’re a certified couch potato, getting active doesn’t have to be hard. It can also help you outwit heart disease, the No. 1 killer of all Americans. Cycling, jogging, swimming, skiing, aerobic dancing and dozens of other activities can help your heart. But walking is an easy way to get started! The American Heart Association recommends a total of 150 minutes of moderate-intensity aerobic activity each week.

That’s not as hard as it may sound. Start slowly. Gradually build up, with the goal of being active on most or all days of the week.

**Step your way to success**

If you’ve been sedentary for a long time, are overweight, have a high risk of heart disease or another chronic health problem, talk to your doctor before you start a walking program. To get started:

- **Try to walk at the same time of day** so it becomes part of your lifestyle. You might walk every Monday, Wednesday, Friday and Saturday from noon to 12:30 p.m.

- **Find a convenient time and place.** Try to make walking a habit, but be flexible. If you miss an opportunity for physical activity, don’t give up. Work activity into your day another way.

- **Find a companion.** You’re more likely to stick with it if you have a buddy.

- **Wear comfortable, properly fitting sneakers** or flat shoes with laces and comfortable, loose-fitting clothing.

- **Look for chances to be more active during the day.** Walk the mall before shopping, take the stairs instead of the escalator or take 10–15 minute breaks while watching TV or sitting for walking or some other activity.

- **Keep yourself accountable** but cut yourself some slack if you stop for a while. Get started again gradually and work up to your old pace.

- **Already a walker and you want to pick up the pace?** Tack another mile onto your regular route, try a more challenging path or add an extra day of the week.

- **Track and celebrate your successes.** Visit StartWalkingNow.org to find American Heart Association-designated walking paths, personalized walking plans, an online community of walkers and more. Record the distance or length of time of your activity and how you feel after each session. Reward yourself at special milestones. Nothing motivates like success!
If you’re like most American adults, you spend most of your waking hours at work, and it could be taking a toll on your health. Sixty-eight percent of adults are obese or overweight, and many of us struggle to find time to work out and make healthy eating a priority. Get the most out of your workday with these tips to pick up the pace. Your heart will thank you!

There’s no law that says you have to sit when you meet. Try brainstorming on the go. Make your next catch-up with your boss a walking meeting and discuss project ideas with a co-worker while you make a few laps around the building.

Here are some other ways to stay active during the workday:

- **Walk during business calls.** March in place or at least stand when you talk on the phone.
- **Skip the email or the call** and walk down the hall to talk to a co-worker.
- **Tone your muscles while you work.** You might be surprised by how much you can improve your **strength and balance** with just a few minutes and a desk chair. Light hand weights are helpful and can be easily stored under your desk, but you can do these without weights too. It is generally recommended that you start with a set of 10–15 repetitions. The goal is to complete three sets of each activity.
- **Take the stairs instead of the elevator.** Or get off a few floors early and take the stairs the rest of the way.
- **Participate** in or start a recreation league at your company.
- **Form a sports team** to raise money for charity events.
- **Schedule physical activity** time on your business calendar — and treat it like an important appointment.
- **Get off the bus a few blocks early** and walk the rest of the way to work or home.
- **Walk around your building** for a break during the work day or during lunch.
- **Traveling for business?** Pack a jump rope or resistance band in your suitcase. Walk while you wait for your plane. Once you arrive at your destination, jump rope and do calisthenics in your hotel room. Take advantage of the fitness center or the swimming pool.

Is your workplace interested in getting employees more active? The average healthcare cost exceeds $3,000 per person annually, and an obese employee costs his or her employer an additional $460 to $2,500 in medical costs and sick days per year. A worksite physical activity program and a culture of activity can increase productivity, reduce absenteeism, lower turnover and reduce healthcare costs. Find out more information about the American Heart Association’s **Fit-Friendly Worksites Program**.
When stress hits, your body releases adrenaline, a hormone that causes your breathing and heart rate to speed up and your blood pressure to rise. These reactions prepare you to deal with the situation — the “fight or flight” response.

Too much stress can contribute to everything from high blood pressure to asthma to ulcers to irritable bowel syndrome. More research is needed to determine how stress contributes to heart disease — the No. 1 killer of Americans. But stress may affect behaviors and factors that are proven to increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity and overeating. There may also be a link to stroke, possibly because people with high anxiety levels are more likely to smoke and be physically inactive, which are risk factors for stroke.

Stress can also hurt your head, strain your back and make your stomach hurt. It can even zap your energy, wreak havoc on your sleep and make you feel cranky, forgetful and out of control.

When stress is constant, your body remains in high gear off and on for days or weeks at a time. Although the link between stress and heart disease isn’t clear, chronic stress may cause some people to drink too much alcohol, which can increase your blood pressure and may damage the artery walls.

Can managing stress reduce or prevent heart disease?

Managing stress is a good idea for your overall health, but current research doesn’t prove it’s effective for preventing heart disease. A few studies have examined how well treatment or therapies work in reducing the effects of stress on cardiovascular disease. Studies using psychosocial therapies — involving both psychological and social aspects — are promising in the prevention of second heart attacks.

What can you do about stress?

Figuring out how stress pushes your buttons is an important step in dealing with it. To help you feel better in the most stressful moments, try these healthy techniques and repeat the ones that work best for you.

- Practice positive self-talk — Turn negative thoughts into positive ones.
- Find an emergency stress stopper that works for you — Count to 10, take a walk, or take time to think about how a big problem can be broken into smaller pieces.
- Find pleasure — Read a book, play your favorite sport, or call a friend for coffee.
- Schedule daily relaxation time — Try to devote 10 minutes a day to breathing deeply or picturing peaceful scenes.
If your stress is nonstop, stress management classes can also help. Look for them at community colleges, rehab programs, in hospitals or by calling a therapist in your community. See if your workplace offers an employee assistance program. You may be referred to a counselor who can help. You may even want to give yoga a try. The calming benefits may lower your blood pressure and help you feel more relaxed.

Be careful not to confuse stress with anxiety. If you suffer from severe anxiety, talk to your doctor about whether you need medication. Stressful situations can worsen anxiety and depression. Be sure and talk to your doctor if you experience more than situational stress.

**How Can I Make My Life Healthier?**

Taking steps to lead a healthier lifestyle can help reduce your stress and your risk of health complications. Here are some heart-healthy suggestions:

- Don’t smoke cigarettes or use other tobacco products.
- Have your blood pressure checked regularly. Keep your blood pressure below 120/80 mm Hg.
- Eat a healthy diet consistent with recommendations from the American Heart Association.
- Get at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity activity (or a combination) each week.
- Maintain a healthy weight (body mass index less than 25 kg/m2).
- Keep your total cholesterol at less than 200 mg/dL.
- Keep your fasting blood glucose at less than 100 mg/dL.
Getting your kids to trade screen time for physical activity may be the most challenging — and the most important — item on your to-do list. Walking is a great start, but there are other ways to get your whole family moving together.

Be a good role model. You don’t have to be perfect all the time, but if your kids see you getting physically active and trying to eat right, they’ll notice your efforts.

Get the whole family moving. Don’t just send your kids out to play. Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek. Everyone will benefit from the exercise and the time together.

Break it up. The American Heart Association recommends 150 minutes a week of exercise, but if that sounds overwhelming, try three 10-minute workout sessions a day.

Don’t make exercise a punishment. Forcing your child to go out and play may increase resentment and resistance. Try using physical activity to counter something your child doesn’t want to do. For example, let your kids ride bikes for 30 minutes before starting homework after school. Your child will beg for 20 more minutes outside just to put off the homework!

Build confidence and find an activity they love. Some kids are embarrassed to participate in sports because they don’t think they’re good enough. Find time to practice together and boost their confidence. Try swimming, dancing, cycling, skateboarding, yoga, walking or jumping rope. Encourage your child to explore multiple activities to find one they really enjoy.

Get your kids active while doing housework. Put a sticky note on all the items that need cleaning or tidying (like the kitchen table, the sofa, the bed). Ask your child to collect each sticky note after they clean the item. Make it a friendly competition to see who collects the most stickies. You could even offer a prize (like a Frisbee or jump rope from the dollar store) for the winner. Your kids will be physically active, helping with household chores and having fun!

Be realistic. Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.

The more active your family gets, the more inspired you may feel to tackle other areas. Need tips for dealing with a picky eater? We’ve got ‘em. Want to learn how to make fast food healthier when you’re on the go? We can help. On a budget and need quick ideas for healthy foods that are under $1? Check out this list.

And remember: Something is always better than nothing! Physical activity is anything that makes you move your body and burns calories, even raking leaves, walking the dog or climbing stairs.
This four-week program is for the intermediate walker who wants to improve overall health and increase energy. Walks start at 20-30 minutes and gradually increase in both speed and duration. Health experts have found that approximately 30 minutes a day of regular moderate exercise is effective for improving health and reducing the risk of many diseases.

Monday, Wednesday and Thursday are the core workout days, with Tuesdays and weekends optional at the beginning. Fridays are “Alternate Activity” days. Always start your walk with 3-5 minutes at an easy, warm-up pace.

### Four-Week Intermediate Walking Plan

**Week 1**
- **Monday**: Easy walk: 10-15 min, Brisk walk: 10-15 min, Stretch: 2 min
- **Tuesday** (optional): Easy walk: 25-30 min, Brisk walk: 10-15 min, Stretch: 2 min
- **Wednesday**: Easy walk: 25-30 min, Brisk walk: 10-15 min, Stretch: 2 min
- **Thursday**: Easy walk: 25-30 min, Stretch: 2 min
- **Friday**: Alternate Activity of your choice: Go dancing, rake leaves, etc. for 20+ min
- **Weekend Workout** (optional): Easy walk: 25-30 min

**Week 2**
- **Monday**: Total Time: 24-34 min, Easy walk: 15-20 min, Power Intervals Power walk: 30 sec, Easy walk: 1 min, Repeat 4-6 times, Easy walk 3-5 min
- **Tuesday** (optional): Easy walk: 5 min, Brisk walk: 20-25 min, Stretch: 2 min
- **Wednesday**: Easy walk: 30-35 min, Brisk walk: 20-25 min, Stretch: 2 min
- **Thursday**: Easy walk: 5 min, Brisk walk: 20-25 min, Stretch: 2 min
- **Friday**: Alternate activity of your choice for 20-30 min
- **Weekend Workout** (optional): Easy walk: 5-10 min, Brisk walk: 20-25 min

**Week 3**
- **Monday**: Total Time: 26-36 min, Easy walk: 15-20 min, Power Intervals Power walk: 30 sec, Easy walk: 1 min, Repeat 5-7 times, Easy walk: 3-5 min
- **Tuesday** (optional): Brisk walk: 30-35 min, Stretch: 2 min
- **Wednesday**: Total time: 25-30 min, Easy walk: 10-15 min, Brisk walk: 10 min or include a hill, incline, or stairs in your route, Easy walk: 5 min, Stretch: 2 min
- **Thursday**: Brisk walk for 30-35 min, Stretch: 2 min
- **Friday**: Alternate activity of your choice for 30+ min
- **Weekend Workout** (optional): Easy walk: 5 min, Brisk walk: 20-30 min

**Week 4**
- **Monday**: Total Time: 27-37 min, Easy walk: 10 min, Brisk walk: 5-10 min, Power Intervals Power walk: 30 sec, Easy walk: 1 min, Repeat 6-8 times, Easy walk: 3-5 min
- **Tuesday** (optional): Easy walk: 10 min, Brisk walk: 20-30 min and add some high knee marches near the end
- **Wednesday**: Total time: 28-45 min, Easy walk: 10 min, Brisk walk: 20-30 min or include a hill, incline, or stairs in your route, Easy walk 3-5 min
- **Thursday**: Easy walk: 10 min, Brisk walk: 20-30 min and add some high knee marches near the end
- **Friday**: Alternate activity of your choice for 40+ min
- **Weekend Workout** (optional): Brisk walk: 30-35 min

**Congratulations!** Now that you have completed the American Heart Association’s four-week walking program, continue to make walking a regular part of your life. For ongoing health and energy, try to walk at least 30 minutes a day, five days a week. As you’ve learned in this program, vary your speed, course and time to challenge yourself and to keep your program interesting. You’re on your way to a healthier lifestyle!
# Four-Week Walking Countdown Challenge Tracker

**OFFICIAL PARTICIPANT**

American Heart Association’s National Walking Day

## Number of Minutes Completed

### WEEK 1

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### WEEK 2

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### WEEK 3

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### WEEK 4

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

©2014, American Heart Association. Also known as the Heart Fund DS7773 2/14