

# WALKING CHALLENGE



## Before You Start

We want this challenge to be fun, safe and meet your specific level of activity. Please read the following to ensure your safety and enjoyment during this challenge:

[www.acsm.org/docs/brochures/starting-a-walking-program.pdf](http://www.acsm.org/docs/brochures/starting-a-walking-program.pdf)

We suggest you start each week setting a **SMART** Goal:

<b>Specific</b>	What exactly is it you want to achieve?
<b>Measurable</b>	How can you measure and track the progress of the goal?
<b>Attainable</b>	Is it actually attainable in the given time frame?
<b>Relevant</b>	Is it something that you really want to do? Will it directly benefit you?
<b>Time bound</b>	When do you want to achieve this goal by?

## WEEK 1

**My goal for this week is:**

*Document minutes walked for Week 1 below.*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	WEEK 1 TOTAL

## WEEK 2

**My goal for this week is:**

*Document minutes walked for Week 2 below.*

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	WEEK 2 TOTAL

## WEEK 3

**My goal for this week is:**

*Document minutes walked for Week 3 below.*

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	WEEK 3 TOTAL

**GRAND TOTAL:** \_\_\_\_\_

\*\*\*When you've completed the challenge, tell us about your experience to receive a Healthy IU incentive!\*\*\*

Visit [go.iu.edu/summer-challenge](http://go.iu.edu/summer-challenge) for details.