



# HEALTH AND WELLBEING CHECKLIST

Date 

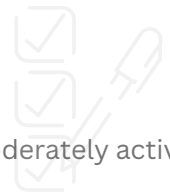
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## Daily Step Goal Tracker

Tracking steps encourage regular movement and supports overall health. Use this checklist to hit your daily step goal.

### Set a Realistic Goal

- Choose a step goal based on your fitness level to ensure it's achievable.
- Example: Start with 5,000 steps if you're new to walking or aim for 10,000 if you're moderately active.



### Use a Pedometer or Fitness Tracker

- Track steps with a smartwatch, phone app, or pedometer for accurate monitoring.
- Tip: Sync your tracker with a health app to view detailed step data and trends.



### Incorporate Walking Breaks

- Take short walks every hour during the workday to maintain movement.
- Tip: Walk to refill your water, check the mail, or step outside for fresh air.



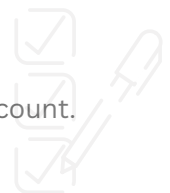
### Park Farther Away

- Choose distant parking spots to add extra steps to your daily routine.
- Tip: If parking isn't an option, get off public transportation one stop early and walk the rest of the way.



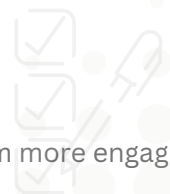
### Take the Stairs

- Opt for stairs instead of elevators or escalators whenever possible to boost your step count.
- Tip: Gradually increase the number of flights you take daily to build endurance.



### Add Walks to Your Routine

- Schedule morning, lunch, or evening walks into your day to create a consistent habit.
- Tip: Pair walks with enjoyable activities like listening to music or podcasts to make them more engaging.





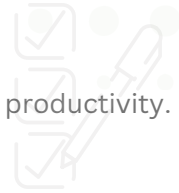
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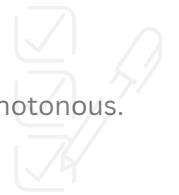
### Walk During Calls

- Take phone or video calls while walking around your space to combine movement with productivity.
- Tip: Use a wireless headset or earbuds for hands-free mobility during calls.



### Explore New Walking Routes

- Discover parks, trails, or neighbourhoods to make walking more enjoyable and less monotonous.
- Tip: Research local walking clubs or group events to explore new routes with others.



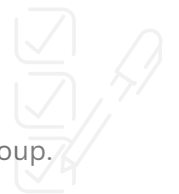
### Set Hourly Reminders

- Use alarms or apps to remind you to move regularly and avoid prolonged sitting.
- Tip: Set a goal to take at least 250 steps each hour to maintain consistent activity.



### Join a Step Challenge

- Compete with friends or coworkers to stay motivated and accountable.
- Tip: Use apps like Strava or Fitbit to join virtual challenges or create your own with a group.



### Monitor Your Progress Daily

- Log your steps and note trends or improvements to track your consistency.
- Tip: Review your weekly averages to adjust your goals and celebrate progress.



### Celebrate Milestones

- Reward yourself for hitting weekly or monthly step goals to stay motivated.
- Example: Treat yourself to new walking gear or a relaxing activity after achieving a big milestone.



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## Daily Step Goal Tracker



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