



# HEALTH AND WELLBEING CHECKLIST

Date 

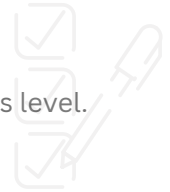
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## Daily Walking Tracker

Walking daily can improve physical health, boost mood, and increase energy. Use this checklist to make walking a consistent part of your routine.

### Set a Daily Step Goal

- Determine how many steps or minutes you want to walk each day based on your fitness level.
- Example: Start with 5,000 steps and gradually increase to 10,000.



### Choose the Best Time for Walking

- Pick a specific time each day that works well with your schedule.
- Tip: Walk in the morning for a fresh start or in the evening to wind down.



### Wear Comfortable Shoes

- Select supportive footwear designed for walking to prevent discomfort or injury.
- Tip: Look for shoes with good arch support and cushioning.



### Track Your Progress

- Use a pedometer, fitness tracker, or phone app to monitor your steps or distance.
- Example: Apps like Fitbit or Strava can help you log your walks.



### Incorporate Walking into Your Routine

- Find opportunities to walk during the day, like taking the stairs or parking farther away.
- Tip: Walk during phone calls or take a walking meeting.



### Find a Walking Buddy

- Partner with a friend, family member, or pet to make walking more enjoyable and social.
- Tip: Schedule regular walking meetups to stay accountable.





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#### Plan Scenic or Safe Routes

- Choose routes that are safe, well-lit, and visually engaging to keep you motivated.
- Example: Walk in a park, along a nature trail, or in a quiet neighbourhood.



#### Warm Up and Cool Down

- Stretch briefly before and after walking to prevent stiffness and soreness.
- Example: Do ankle rolls and gentle calf stretches.



#### Stay Hydrated

- Drink water before and after your walk, especially in hot weather or longer distances.
- Tip: Carry a small water bottle if needed.



#### Celebrate Your Milestones

- Reward yourself for reaching step goals or completing a walking streak.
- Example: Treat yourself to new walking gear after a month of consistency.



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