



STARTER WALKING PLAN

Start by keeping track of how much you currently walk for a few days. Use a pedometer or a watch to determine how many minutes of walking you already walk or how many steps you take. From there, you can use the following plan to add more walking into your routine.

Daily Walk	<i>Start out slow, increase to a brisk walk, then cool down with a slow walk at the end.</i>						Total Per Day	
	Slow		Brisk		Slow		Minutes	Steps
	Minutes	Steps	Minutes	Steps	Minutes	Steps		
Week 1	5	500	0	0	5	500	10	~1,000
Week 2	5	500	5–8	500–800	5	500	15–18	1,500–1,800
Week 3	5	500	8–11	800–1,100	5	500	18–21	1,800–2,100
Week 4	5	500	11–14	1,100–1,400	5	500	21–24	2,100–2,400
Week 5	5	500	14–17	1,400–1,700	5	500	24–27	2,400–2,700
Week 6	5	500	17–20	1,700–2,000	5	500	27–30	2,700–3,000
Week 7	5	500	20–25	2,000–2,500	5	500	30–35	3,000–3,500
Week 8	5	500	25–30	2,500–3,000	5	500	35–40	3,500–4,000
Week 9	5	500	30–35	3,000–3,500	5	500	40–45	4,000–4,500
Week 10	5	500	35–45	3,500–4,500	5	500	45–55	4,500–5,500
Week 11	5	500	45–55	4,500–5,500	5	500	55–65	5,500–6,500
Week 12+	5	500	Maintain or continue to increase until you reach your goals!		5	500	Maintain or continue to increase.	

Remember that the rate at which you increase your walking may be faster or slower than the plan suggests. Take it one day at a time and build up your walking stamina at a pace that's comfortable for you.

*Adapted from *I Hate to Exercise, 2nd edition*, by Charlotte Hayes, MMSc, MS, RD, CDE. ©American Diabetes Association®.



CHART YOUR PROGRES

Print and fill out weekly to keep track of your progress.

WEEK	
------	--

Daily Walk	<i>Start out slow, increase to a brisk walk, then cool down with a slow walk at the end.</i>						Total Per Day	
	Slow		Brisk		Slow		Minutes	Steps
	Minutes	Steps	Minutes	Steps	Minutes	Steps		
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Remember that the rate at which you increase your walking may be faster than or not as fast as the plan suggests. What's important is that you take it one day at a time and build up your walking stamina at a pace that's comfortable for you.

*Adapted from *I Hate to Exercise, 2nd edition*, by Charlotte Hayes, MMSc, MS, RD, CDE. ©American Diabetes Association®.