

Sept. 9 - Oct. 11

NAME: _____

THRIVE

5-Week
Walking
Challenge

Follow the walking plan below during your work week.
Cross off the days as you complete them.

Mon, Sept. 9 10-minute easy walk	Tue, Sept. 10 15-minute easy walk	Wed, Sept. 11 15-minute easy walk	Thu, Sept. 12 10-minute easy, 5-minute brisk (15 minutes total)	Fri, Sept. 13 5-minute easy, 10-minute brisk (15 minutes total)
Mon, Sept. 16 Two 10-minute easy walks (20 minutes total)	Tue, Sept. 17 15-minute brisk walk	Wed, Sept. 18 20-minute easy walk	Thu, Sept. 19 10-minute easy, 10-minute brisk (20 minutes total)	Fri, Sept. 20 10-minute easy walk, 10-minute brisk walk (20 minutes total)
Mon, Sept. 23 Two 10-minute easy walks (20 minutes total)	Tue, Sept. 24 Two 10-minute brisk walks (20 minutes total)	Wed, Sept. 25 10-minute easy walk; 15-minute brisk walk (25 minutes total)	Thu, Sept. 26 15-minute easy walk; 10-minute brisk walk (25 minutes total)	Fri, Sept. 27 20-minute easy walk, 10-minute brisk walk (30 Minutes total)
Mon, Sept. 30 Two 15-minute easy walks (30 minutes total)	Tue, Oct. 1 25-minute easy walk	Wed, Oct. 2 15-minute easy walk, 15-minute brisk walk (30 minutes total)	Thu, Oct. 3 10-minute easy, 20-minute brisk (30 minutes total)	Fri, Oct. 4 5-minute easy, 25-minute brisk walk (30 minutes total)
Mon, Oct. 7 15-minute easy, 15-minute brisk walk (30 minutes total)	Tue, Oct. 8 25-minute easy, 10-minute brisk walk (35 minutes total)	Wed, Oct. 9 20-minute easy, 15-minute brisk walk (35 minutes total)	Thu, Oct. 10 Two 20-minute easy walks (40 minutes total)	Fri, Oct. 11 20-minute easy, 20-minute brisk walk (40 minutes total)

Guidelines

Easy walk = casual stroll

Brisk walk = moderate pace

10-minute walk = about 1100 steps

Tips for Success

- Try splitting your time. For example, try two shorter walks to meet a 15-minute goal when starting out.
- When walking at work, try two 15-minute walks to meet a 30-minute goal.
- Break up sessions during the work week.
- If a week is too challenging, repeat the previous week.
- Need a challenge? Add hills.
- Want more of a challenge? Double each walking session daily.

Turn in your completed sheet to the Center for Healthy Living to receive your prize.

Stay tuned for our next THRIVE challenge.