



Oregon State University Extension Service

Walk With Ease- Walking Contact

From (date): _____ To: _____

I, _____ plan to walk

_____ days a week

for _____ minutes a day or _____ (distance),

broken into _____ sessions.

I plan to walk _____

(time of day, e.g., at lunch, after dinner).

I will spend:

- 3 to 5 minutes warming up,
- 4 to 5 minutes doing warm-up stretches,
- 3 to 5 minutes cooling down, and
- 7 to 9 minutes doing cool-down stretches.

When I get halfway through this program (week 3), my reward to myself will be:

When I complete this program, my reward to myself will be:

Signature: _____