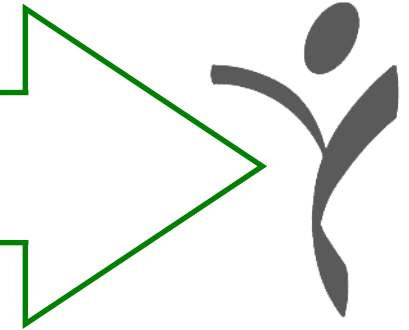




# Get on the FAST Track



*Congratulations on starting a walking program! Regular exercise is a commitment you are making to yourself to improve your health.*

*Check off the benefits you want from walking and your personal goals.*

*Hang it where you will see it every day – like on your refrigerator or above your desk.*

## **my personal reasons to walk:**

- I want to have more energy for my family and friends
- I would feel less stressed if I exercised regularly
- I want to lose weight
- I want to lower my blood pressure
- I want to lower my cholesterol
- Exercising improves my mood
- I would feel more comfortable with my body if I exercised regularly
- I want to participate in a walk for charity
- I want to \_\_\_\_\_

### **I promise myself that I will walk**

- \_\_\_\_\_ minutes per day
- \_\_\_\_\_ steps per day
- \_\_\_\_\_ days per week
- \_\_\_\_\_ miles per week

Signed: \_\_\_\_\_

