

WALK



WORKBOOK

BY M.E JOURNALS

Welcome!

Welcome to your Walking Workbook, a comprehensive guide designed to help you embrace the joy and benefits of walking.

Whether you're just starting out or looking to enhance your daily walks, this workbook is your companion on the journey to better health and fitness.

This workbook is aimed at making walking a rewarding part of your routine.

By committing to this journey, you are taking a significant step towards improving your physical health, mental well-being, and overall quality of life.

Lace up your shoes, and let's embark on this walking adventure together!

Let's Do This!



M.E Journals wants to help you to Create Healthy Habits by Finding Routines and Systems that work for you!

We all need to Walk !

Let's create healthy habits one at a Time !

WALK

What are my primary reasons for wanting to start walking regularly?

What time of day works best for me to incorporate a walk into my routine?

How far or how long do I want to walk each day?

WALK

What are some nearby routes or places I can walk?

Do I have the proper footwear and attire for walking?

How can I make my walks more enjoyable and motivating?

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What obstacles might prevent me from walking daily, and how can I overcome them?

How will I track my progress and stay accountable?

What are my short-term and long-term walking goals?

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How will I reward myself for reaching my walking milestones?

Can I walk everyday? If not, how often will I walk?

Will I walk with someone?

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What will I do on the days I have no motivation?

Have you set your alarm for your walk?

Have you set out your walking clothes?

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What time of the day can I fit my daily walk in?

Will I listen to music or podcasts?

Will I bring a bottle of water with me?

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Do you want to walk in the gym or outside?

Have I correct posture?

Am I being safe on my walks?

30 DAY WALK CHALLENGE

START DATE: _____

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WANNA LEARN MORE?

Would you like to create more healthy habits ?

We'd love to hear from you!

Your journey towards walking daily is unique, and your experiences and insights can inspire and help others.

Connect with us to share your progress, ask questions, or seek personalized advice.

Join our community of walkers on our social media platforms, or drop us an email.

Together, we can support each other, celebrate successes, and tackle challenges, ensuring everyone enjoys the walks they deserve.

Let's stay connected and make this journey a collaborative and uplifting experience!