



From Couch to a 15-Minute Walk - May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5 min walk outside	2 -
3 -	4 5 min walk outside	5 -	6 7 min walk outside	7 -	8 7 min walk outside	9 -
10 -	11 10 min walk outside	12 -	13 10 min walk outside	14 -	15 12 min walk outside	16 -
17 12 min walk outside	18 -	19 Walk to hospital 	20 -	21 EXTRA REST DAY	22 -	23 15 min walk outside
24 -	25 7 min faster walk	26 -	27 10 min walk outside	28 -	29 7 min faster walk	30 -
31 15 min walk outside						