

My Movement Pledge

Starting _____ (fill in the date), I pledge to make every effort to walk 10,000 steps (about 5 miles) a day. By _____ (fill in a date), I will take up as a repeated form of aerobic exercise.

Then check in with yourself on a daily basis. This will create adherence and accountability.

Each day can look something like this:

Day 1 (date): _____

What I did:

Length of time:

How I felt before I started:

How I felt when I was finished: