



Take the first step!

Weekly Walking Schedule

WEEK	1	2	3	4	5	6	7
<input type="checkbox"/> Monday	15 min	20 min	25 min	30 min	30 min	40 min	40 min
<input type="checkbox"/> Tuesday	Rest	Rest	Rest	Rest	30 min	40 min	40 min
<input type="checkbox"/> Wednesday	15 min	20 min	25 min	30 min	30 min	40 min	45 min
<input type="checkbox"/> Thursday	Rest	Rest	Rest	Rest	Rest	Rest	Rest
<input type="checkbox"/> Friday	15 min	25 min	25 min	30 min	30 min	40 min	45 min
<input type="checkbox"/> Saturday	Rest	Rest	Rest	Rest	40 min	40 min	45 min
<input type="checkbox"/> Sunday	20 min	25 min	25 min	30 min	Rest	Rest	Rest
Total Minutes	65 min	90 min	100 min	120 min	160 min	200 min	215 min

My Goal _____

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center
 Making Cancer History®