



Intro to Activity Plan:

The goal of this program is to lead people to activity. It is a 10 week program that if you follow strictly, you will create a habit of a lifetime.

There is a prize that awaits you at the finish. Simply color in the activity box as you complete it. When you complete the schedule, come to RunTex for your prize.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
1	Rest	30 min	Rest	30 min	Rest	Rest	30 min	1:30
2	Rest	30 min	Rest	30 min	Rest	Rest	45 min	1:45
3	Rest	30 min	Rest	30 min	Rest	Rest	60 min	2:00
4	Rest	30 min	Rest	30 min	Rest	30 min	60 min	2:30
5	Rest	30 min	Rest	30 min	Rest	30 min	60 min	2:30
6	Rest	30 min	Rest	45 min	Rest	30 min	60 min	2:45
7	Rest	30 min	Rest	60 min	Rest	30 min	60 min	3:00
8	Rest	45 min	Rest	60 min	Rest	30 min	60 min	3:15
9	Rest	60 min	Rest	60 min	Rest	30 min	60 min	3:30
10	Rest	60 min	Rest	60 min	Rest	30 min	60 min	3:30

Helpful hints:

1. Schedule this activity at a time you control.
2. Make sure you have shoes designed for walking or physical activity
3. Hydrate an hour before by drinking 8 oz of water.
4. Don't eat during the last hour prior to your activity
5. Do not exceed this program. Let your body adjust and your schedule.
6. Wear comfortable clothes that breath and match up to the weather conditions
7. Walking doesn't hurt, if it does, see your family physician
8. Ask a friend or family member to join you in this journey
9. Make the commitment once, not every time it is time to walk
10. Wear a watch so you can monitor the time spent, it will go faster than you think.

I can be reached at [paul@runtex.com](mailto:paul@runtex.com) if you have any questions or comments.

If you commit, sign this log and fill out the info.

This is your log, we want to know who you are:

Name \_\_\_\_\_ Email Address \_\_\_\_\_@\_\_\_\_\_.com