

## TRACK YOUR EXERCISE FOR A LIFETIME OF HEALTH

Whatever physical activity you enjoy, 30 minutes a day most days of the week will have positive, lasting benefits on your overall health. For example, if you begin a walking program you may find that you lose a little weight and increase your endurance. Invite a group of friends, buy a pedometer and enjoy the outdoors!

Visit <http://win.niddk.nih.gov/publications/walking.htm#howstart> to learn more about starting a walking program. Use the grid below to start tracking your progress and note other health differences you experience.

Day	Activity/Duration	Health Notes
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### Clinician Recommendations

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Day	Activity/Duration	Health Notes
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