

Walking FUNdamentals

Track your steps walking log

| Week 1 | Amount of time | Distance |
|-----------|----------------|----------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Week 2 | Amount of time | Distance |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

| Week 3 | Amount of time | Distance |
|-----------|----------------|----------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Week 4 | Amount of time | Distance |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Rewards for results

Track your walking progress in the Personal Health Manager's *Get Fit* section and earn Blue PointsSM. The higher the number of points, the bigger the rewards. Just visit Blue Access[®] for Members, click on the Personal Health Manager icon and look for the *Blue Points* icon for more details.



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