

My walking plan



Safety, support and personal guidance | page 1 of 2

Use your abilities and health advice. This sheet sets no required minutes or automatic weekly increase.

Week of; care team guidance or review date

Suitable route and rest place

Walking aid and support or supervision needed

Starting amount agreed for me; shorter option

Weather or access backup; who can help

Stop instructions and questions for the care team

Emergency symptoms: stop and call local emergency help. U.S.: 911.

Weekly walking notes



Activity, comfort and recovery | page 2 of 2

For each day note: route or rest / planned and done / how you felt later and the next day. A blank day is not failure.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Ask before progressing if activity causes pain, dizziness or unusual symptoms.