



# LACE UP & GO



American Heart Association®  
life is why™

## Four-Week Activity Challenge Tracker

*I pledge to walk or be physically active at least 150 minutes per week for four weeks to improve my heart health.*

### PARTICIPANT

American Heart Association's National Walking Day

### NUMBER OF MINUTES COMPLETED

	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								

*Congratulations!*

You're taking steps to improve your health and reduce your risk of heart disease, stroke, high blood pressure, diabetes, osteoporosis and other chronic illnesses.

Your goal is to be active **at least** 30 minutes a day, five days a week.

