

## Home Walking Program

- Week #1** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #2** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #3** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #4** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #5** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #6** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #7** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #8** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #9** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day
- Week #10** Walk \_\_\_\_\_ minutes \_\_\_\_\_ times/day

Before initiating any exercise program, consult with your physician and or physical therapist.