

# 21 DAY WALKING CHALLENGE RECORD CARD



AFTER YOUR WALK MARK YOURSELF OUT OF 10 FOR:

- F** HOW YOU'RE **FEELING**
  - M** YOUR **MOOD**
  - E** YOUR **ENERGY LEVELS**
- 1 = BAD / LOW    10 = GREAT / HIGH



EVERY TIME YOU GO FOR A WALK REMEMBER TO **JOT DOWN THE AMOUNT OF TIME YOU WALK FOR. SET YOURSELF A TARGET FOR EACH WEEK AND CONSIDER HOW YOU FEEL AFTER YOUR WALKS.**

To find out more visit: [GETIRELANDWALKING.IE](http://GETIRELANDWALKING.IE)

Get Ireland Walking, Irish Sport HQ, National Sports Campus, Blanchardstown, D15  
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NAME: .....

START DATE:

WEEK 1 TARGET			WEEK 2 TARGET			WEEK 3 TARGET		
MINS. DAY 1			MINS. DAY 8			MINS. DAY 15		
F	M	E	F	M	E	F	M	E
MINS. DAY 2			MINS. DAY 9			MINS. DAY 16		
F	M	E	F	M	E	F	M	E
MINS. DAY 3			MINS. DAY 10			MINS. DAY 17		
F	M	E	F	M	E	F	M	E
MINS. DAY 4			MINS. DAY 11			MINS. DAY 18		
F	M	E	F	M	E	F	M	E
MINS. DAY 5			MINS. DAY 12			MINS. DAY 19		
F	M	E	F	M	E	F	M	E
MINS. DAY 6			MINS. DAY 13			MINS. DAY 20		
F	M	E	F	M	E	F	M	E
MINS. DAY 7			MINS. DAY 14			MINS. DAY 21		
F	M	E	F	M	E	F	M	E
WEEK 1 TOTAL			WEEK 2 TOTAL			WEEK 3 TOTAL		