

The Next Steps

Now that you've formed the habit of walking you will want to keep going. Get Ireland Walking and its partner organisations all have other ideas to help you maintain and enjoy the habit of walking.

To find out more visit www.getirelandwalking.ie

Or visit

- ▶ www.getirelandactive.ie
- ▶ www.arthritisireland.ie
- ▶ www.irishsportsCouncil.ie
- ▶ www.ageandopportunity.ie
- ▶ www.irishheart.ie
- ▶ www.irelandactive.ie
- ▶ www.mountaineering.ie
- ▶ www.irishtrails.ie

Or contact your **Local Sports Partnership**



Walk for Health | Walk for Fun | Walk for Life

Get Ireland Walking
Irish Sport HQ
National Sports Campus
Blanchardstown, Dublin 15
Phone: 01 625 1109 Mobile: 087 299 4687
Email: info@getirelandwalking.ie



RECORD CARD



Walk for Health | Walk for Fun | Walk for Life

Use this card to log the amount of time you walk each day when undertaking this challenge

Get Ireland Walking 21 Day Walking Challenge

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.

Start Date

DAY	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total	Target
WEEK 1 Time									
WEEK 2 Time									
WEEK 3 Time									

AFTER YOUR WALK REMEMBER TO TAKE NOTE OF :

How you are feeling
How your energy levels are
How your mood is

Congratulations on completing the
Get Ireland Walking 21 Day Walking Challenge.
Remember to treat yourself for a job well done!

Find ideas for your next steps overleaf....

