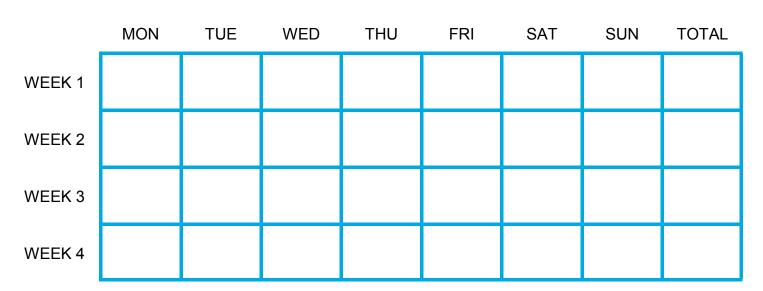


## Four-Week Activity Challenge Tracker

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

## 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.



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