

# 8-Week Walking Tracker

"I did not start with 3 miles. I started small. Very small."

Your journey to building a consistent walking habit begins with a single step. This tracker guides you through eight progressive weeks — from a quarter mile to two miles — with space to log each day and reflect on your growth.

**8**

**Weeks**

of progressive walking

**56**

**Days**

to track your walks

**2**

**Miles**

final week goal

# Week 1 Walking Tracker

DISTANCE GOAL: ¼ MILE

Every great journey starts with the smallest step. This week, your only job is to show up — just a quarter mile each day. That's it. Celebrate every single checkmark.

Day	Completed	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Weekly Reflection

**How did I feel this week?**

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**What felt easier than last week?**

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**What challenged me?**

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# Week 2 Walking Tracker

DISTANCE GOAL: ½ MILE

You made it through Week 1 — now it's time to double your distance. Half a mile is still gentle, still manageable. Focus on building the habit, not the speed. Consistency is the goal.

Day	Completed	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Weekly Reflection

**How did I feel this week?**

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**What felt easier than last week?**

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**What challenged me?**

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# Week 3 Walking Tracker

DISTANCE GOAL:  $\frac{3}{4}$  MILE

Three-quarters of a mile — you're building real momentum now. Your body is adapting, your routine is forming. Notice how your stride feels a little more natural, a little more confident this week.

Day	Completed	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Weekly Reflection

**How did I feel this week?**

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**What felt easier than last week?**

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**What challenged me?**

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# Weeks 4 & 5 Walking Tracker

DISTANCE GOAL: 1 MILE

One full mile — a milestone worth celebrating! Weeks 4 and 5 hold you at this distance so your body can truly settle into the rhythm. Use this time to strengthen your consistency and enjoy the walk.

## Week 4 — Day Log

Day	Done	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Week 5 — Day Log

Day	Done	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Weekly Reflection — Week 4

**How did I feel this week?**

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**What felt easier than last week?**

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**What challenged me?**

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## Weekly Reflection — Week 5

**How did I feel this week?**

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**What felt easier than last week?**

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**What challenged me?**

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# Week 6 Walking Tracker

DISTANCE GOAL: 1¼ MILES

You've crossed the one-mile mark and now you're pushing further. One and a quarter miles means you're no longer a beginner — you're a walker. Feel that shift in identity. You earned it.

Day	Completed	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Weekly Reflection

**How did I feel this week?**

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**What felt easier than last week?**

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**What challenged me?**

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# Week 7 Walking Tracker

DISTANCE GOAL: 1½ MILES

A mile and a half — halfway between one mile and two. You're in the home stretch of this program. Your lungs are stronger, your legs are more capable, and your mind knows what it feels like to follow through.

Day	Completed	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Weekly Reflection

**How did I feel this week?**

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**What felt easier than last week?**

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**What challenged me?**

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# Week 8 Walking Tracker

DISTANCE GOAL: 2 MILES

"I did not start with 3 miles. I started small. Very small."

This is it — the final week. Two full miles. Eight weeks ago you started with just a quarter mile, and now look at you. Complete this week with pride. Every single step of this journey was worth it.

Day	Completed	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Weekly Reflection

**How did I feel this week?**

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**What felt easier than last week?**

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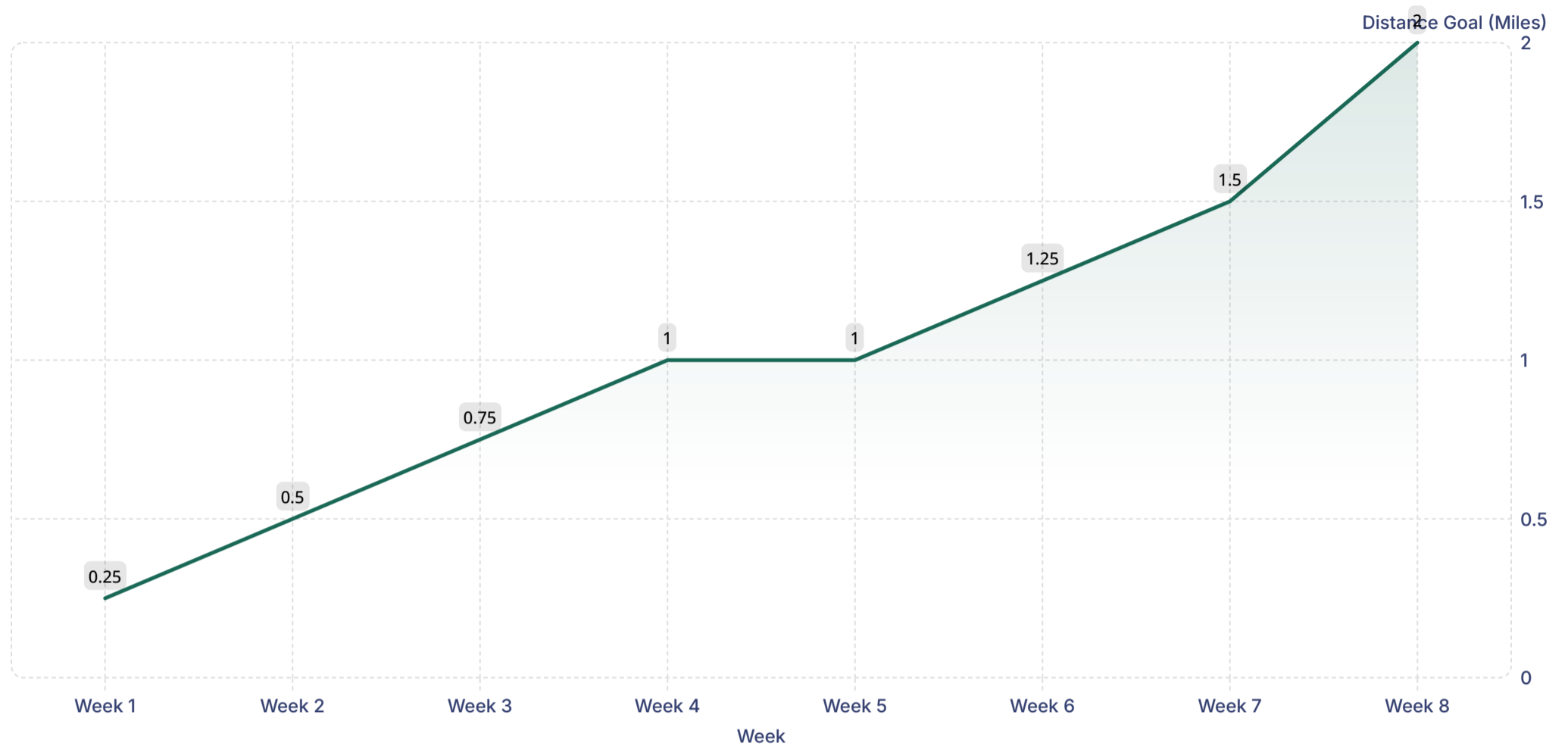
**What challenged me?**

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# Your 8-Week Progress at a Glance

Look how far you've come. Each week you added a little more distance, building strength and confidence one step at a time. This chart tells the story of your commitment.



From  $\frac{1}{4}$  mile to 2 miles — an **8x increase** in distance over just eight weeks. Weeks 4 and 5 held steady at 1 mile to let your body consolidate the gains before the final push to 2 miles.



# You Did It — What's Next?

"I did not start with 3 miles. I started small. Very small."

Completing this 8-week program is a genuine achievement. You built a habit, strengthened your body, and proved to yourself that small, consistent steps lead to real results. So — what comes next?



## Repeat the Program

Run through the 8 weeks again with a focus on speed or terrain variety. The same structure, a new challenge.



## Keep Increasing Distance

Add a quarter mile every two weeks and work toward 3 miles, 4 miles, or beyond. The sky is the limit.



## Maintain Your Streak

Keep walking daily at 2 miles to lock in the habit permanently. Consistency is the real victory.



**🎉 Congratulations!** You started small — and that's exactly how lasting change is made. Every mile you walked this program was a vote for the person you're becoming.