Free guide

Daily walking tracker

LIVE BETTER. MAKE LIFE MATTER.

A blank place to write a walk you chose. lifeZoi does not set a step goal.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Stop a walk if you feel unwell. Use the support you usually use.

These guides are not treatment.

Monday

Place:

Minutes I choose to write:

How it felt: easy, okay, or too much.

Tuesday

Place:

Minutes I choose to write:

How it felt: easy, okay, or too much.

Wednesday

Place:

Minutes I choose to write:

How it felt: easy, okay, or too much.

Thursday

Place:

Minutes I choose to write:

How it felt: easy, okay, or too much.

Friday

Place:

Minutes I choose to write:

How it felt: easy, okay, or too much.

Saturday

Place:

Minutes I choose to write:

How it felt: easy, okay, or too much.

Sunday

Place:

Minutes I choose to write:

How it felt: easy, okay, or too much.

Open this guide in lifeZoi

https://www.lifezoi.com/academy/move/resources/guides/daily-walking-tracker

Sources linked, not copied

Exercising Outdoors: Safety Tips for Older Adults (National Institute on Aging)

https://www.nia.nih.gov/health/exercise-and-physical-activity/safety-tips-exercising-outdoors-older-adults

Older Adult Activity: An Overview (Centers for Disease Control and Prevention)

https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html

How Much Exercise Do I Need? (MedlinePlus)

https://medlineplus.gov/howmuchexercisedoineed.html

Walking and daily movement (lifeZoi)

https://www.lifezoi.com/academy/move/resources/categories/walking-and-daily-movement

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.