

| Walk With Ease Recommended Program Schedule | | | | | | | |
|---|-------|---|---|---|---|---|--------------------------|
| | Weeks | | | | | | After the 6-week program |
| | 1 | 2 | 3 | 4 | 5 | 6 | |
| Read Chapters 1, 2, and 3 | x | | | | | | |
| Do your Starting Point Self-Test (Chapter 1) | x | | | | | | |
| Set up your walking plan (Chapters 2 and 3) | x | | | | | | |
| Walk! Try to walk at least three days a week. | x | x | x | x | x | x | x |
| Do the 5-Step Basic Walking Pattern each time you walk (Chapter 5) | x | x | x | x | x | x | x |
| Follow the FITT principles each time you walk (Chapters 3 and 5) | x | x | x | x | x | x | x |
| Keep your walking diary each time you walk (Chapter 3) | | x | x | x | x | x | x |
| Read Chapters 4, 5, and 6 | | x | | | | | |
| Measure your fitness level in weeks 2, 4, and 6, and periodically after the program is over | | x | | x | | x | |
| Monitor your walking intensity and walking progress (distance, time) (Chapters 3, 4, and 5) | | x | x | x | x | x | x |
| Do a midway assessment of your progress using your walking diary, walking plan, and monitoring techniques (Chapters 3, 4, 5, and 6) | | | | x | | | |
| Do your Ending Point Self-Test and set up your future walking plan (Chapter 6) | | | | | | x | |
| Maintain your walking plan | | | | | | | x |