



Healthy Steps
Stepping toward a healthier lifestyle

NAME: _____ PHONE _____

Healthy Steps is a walking program sponsored by Akron General Medical Center in partnership with the Ohio & Erie Canalway Coalition that encourages you to step to better health by walking. You're encouraged to tour featured trails of the Ohio & Erie Canal Towpath as well as walk on your own – at home, around your neighborhood at your workplace and in your local parks

W A L K I N G T R A C K E R

WEEKS	1	2	3	4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
TOTALS				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
TOTALS				

WEEKS	1	2	3	4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
TOTALS				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
TOTALS				

FILL OUT BELOW UPON COMPLETION OF PROGRAM

My Grand Total

I recognize that I have taken positive steps toward improving my health and my lifestyle by being more active – whether at home, at work, or on the beautiful trails of the Towpath. I agree to give myself a pat on the back and continue to incorporate more activities into my lifestyle.

Participant's Signature

 **AKRON GENERAL**



Ohio & Erie Canalway Coalition