

# Starter Walking Plan

This plan is designed to help you walk a 5K (3.1 miles) after 12 weeks if you haven't been active. Work with your diabetes care team if you have concerns about how much and what type of activity is right for you.

**Take the next step. Participate or start your own team by registering today at [stepout.diabetes.org](http://stepout.diabetes.org).**

- ❑ Start out by keeping track of how much you currently walk for a few days. Use a pedometer or a watch to determine how many minutes of walking you already do or how many steps you take. From there, you can use this 12-week walking plan to add more steps to your routine.
- ❑ Remember that you can add more or less steps and adjust how many steps are at a brisk pace based on your needs.
- ❑ Take it one day at a time and build up your walking stamina at a pace that's comfortable for you.

Daily Walk	Start out Slow, increase to a Brisk walk, then cool down with a Slow walk at the end.							
	Slow		Brisk		Slow		Total Per Day	
	MINUTES	STEPS	MINUTES	STEPS	MINUTES	STEPS	MINUTES	STEPS
WEEK 1	5	500	0	0	5	500	10	1,000
WEEK 2	5	500	5–8	500–800	5	500	15–18	1,500–1,800
WEEK 3	5	500	8–11	800–1,100	5	500	18–21	1,800–2,100
WEEK 4	5	500	11–14	1,100–1,400	5	500	21–24	2,100–2,400
WEEK 5	5	500	14–17	1,400–1,700	5	500	24–27	2,400–2,700
WEEK 6	5	500	17–20	1,700–2,000	5	500	27–30	2,700–3,000
WEEK 7	5	500	20–25	2,000–2,500	5	500	30–35	3,000–3,500
WEEK 8	5	500	25–30	2,500–3,000	5	500	35–40	3,500–4,000
WEEK 9	5	500	30–35	3,000–3,500	5	500	40–45	4,000–4,500
WEEK 10	5	500	35–45	3,500–4,500	5	500	45–55	4,500–5,500
WEEK 11	5	500	45–55	4,500–5,500	5	500	55–65	5,500–6,500
WEEK 12+	5	500	Maintain or continue to increase until you reach your goals!		5	500	Maintain or continue to increase.	

\*Adapted from *The "I Hate to Exercise" Book for People with Diabetes: Turn Everyday Home Activities into a Low-impact Fitness Plan You'll Love*, by Charlotte Hayes, MMSc, MS, RD, CDE. © 2013 American Diabetes Association.

# Chart Your Progress

Fill out weekly to keep track of your progress.

**WEEK:** \_\_\_\_\_

Daily Walk	Start out Slow, increase to a Brisk walk, then cool down with a Slow walk at the end.						Total Per Day	
	Slow		Brisk		Slow		MINUTES	STEPS
	MINUTES	STEPS	MINUTES	STEPS	MINUTES	STEPS		
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								
WEEK 6								
WEEK 7								
WEEK 8								
WEEK 9								
WEEK 10								
WEEK 11								
WEEK 12+			Maintain or continue to increase until you reach your goals!				Maintain or continue to increase.	

- Remember that you can add more or less steps and adjust how many steps are at a brisk pace based on your needs.
- Take it one day at a time and build up your walking stamina at a pace that's comfortable for you.

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