



Healthy  
Galway

KEEP WELL

## 21-Day Walking Challenge

**Adults of all ages should be physically active at a moderate intensity for at least 30 minutes a day, five times a week, aiming for 150 minutes a week.**

Healthy Galway is challenging you to increase your daily step count and walking minutes as part of the Keep Well Campaign. During this time, it is important for us to keep physically active and to take time out of our day to enjoy a walk. Healthy Galway can support you with a pedometer to help you count your steps and this leaflet to help keep track of your progress.

It is important for us to also acknowledge our Energy and Mood levels. Rate both from 1-10 (with 1 Low/ Poor and 10 High/ Great) each day when recording your steps.

If you would like this leaflet posted out to you with a pedometer\* and a Hi Viz Vest\* please contact [healthandwellbeing@galwaycoco.ie](mailto:healthandwellbeing@galwaycoco.ie) or phone 087 77 77 790. If you have a smart phone but are unsure how to track your steps with it, we would be happy to talk you through how to do this at the details above.

If you would like more information on walking or local groups, you can find local groups on [www.getirelandwalking.ie](http://www.getirelandwalking.ie) or you can phone Galway Sports Partnership on 091-509 572 who can help find a group in your area or establish a new walking group.

*If you would like to share your experience or photos of your walks you can send them to [healthandwellbeing@galwaycoco.ie](mailto:healthandwellbeing@galwaycoco.ie) or by post to Healthy Galway Coordinator, County Hall, Prospect Hill, Galway.*

\*While Stocks Last





Name	Start Date			
	STEPS	MINS	MOOD	ENERGY
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Wk 1 Total				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Wk 2 Total				
Day 11				
Day 12				
Day 13				
Day 14				
Day 15				
Wk 3 Total				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Wk 4 Total				
Day 21	<b>Celebration Walk</b> <b>TOTAL STEPS: _____ Total Minutes: _____</b>			