

Name: _____

Incentive Year: _____

Begins - January 1, _____

Ends - December 31, _____

Wisdom Steps - Preventive Health for American Indian Elders Health Walk Incentive Plan:

1. Set your walking goals at a distance you really have to work hard to achieve.
2. Schedule the amount of hours you are going to exercise.
3. I will walk _____ steps/miles and/or I will exercise _____ hours a week.
4. Be honest with yourself.

January

Week Steps, Miles or Hours

1. _____
2. _____
3. _____
4. _____

February

Week Steps, Miles or Hours

1. _____
2. _____
3. _____
4. _____

March

Week Steps, Miles or Hours

1. _____
2. _____
3. _____
4. _____

April

Week Steps, Miles or Hours

1. _____
2. _____
3. _____
4. _____

May

Week Steps Miles or Hours

1. _____
2. _____
3. _____
4. _____

June

Week Steps Miles or Hours

1. _____
2. _____
3. _____
4. _____

July

Week Steps Miles or Hours

1. _____
2. _____
3. _____
4. _____

August

Week Steps Miles or Hours

1. _____
2. _____
3. _____
4. _____

September

Week Steps Miles or Hours

1. _____
2. _____
3. _____
4. _____

October

Week Steps Miles or Hours

1. _____
2. _____
3. _____
4. _____

November

Week Steps Miles or Hours

1. _____
2. _____
3. _____
4. _____

December

Week Steps Miles or Hours

1. _____
2. _____
3. _____
4. _____





Your Goal:

Total steps/miles walked:

Total hours exercised:

Turn in your mileage/hours card to your Wisdom Steps representative.

Everyone can participate — the bed ridden, wheelchair , walker users, joggers and walkers.

Elders will be recognized for reaching the incentive goals that they set for themselves.

A healthier you

- Start a walking program.
- Start a weekly exercise program.
- Set high yet achievable goals.

“Our Elders, Our Teachers”

Take a young person with you to your exercise program or walk. Teach them the...

Language,

Customs,

Family History

Nature.... or just
get to know each other.

*A partnership with the
Minnesota Board on Aging and
American Indian Communities.*



Health Walk



We Walk, Many Together

