

10-MINUTE WALKING TRACKER

Walk RIGHT after each big meal. Relaxed pace. 10-15 minutes.

Name: _____

Week: _____

THE 10-MINUTE RULE

- 1) Walk immediately after eating
- 2) Relaxed pace (not cardio)
- 3) 10-15 minutes is perfect
- 4) Each big meal = 1 walk

QUICK REMINDER

Do not sit. Do not sleep.
Move after you eat.

**What would you do if you
knew you couldn't fail?**

WEEKLY TRACKER

DAY	AFTER BREAKFAST	AFTER LUNCH	AFTER DINNER	TOTAL
MON	☐ Start __:__ End __:__	☐ Start __:__ End __:__	☐ Start __:__ End __:__	__ / 3
TUE	☐ Start __:__ End __:__	☐ Start __:__ End __:__	☐ Start __:__ End __:__	__ / 3
WED	☐ Start __:__ End __:__	☐ Start __:__ End __:__	☐ Start __:__ End __:__	__ / 3
THU	☐ Start __:__ End __:__	☐ Start __:__ End __:__	☐ Start __:__ End __:__	__ / 3
FRI	☐ Start __:__ End __:__	☐ Start __:__ End __:__	☐ Start __:__ End __:__	__ / 3
SAT	☐ Start __:__ End __:__	☐ Start __:__ End __:__	☐ Start __:__ End __:__	__ / 3
SUN	☐ Start __:__ End __:__	☐ Start __:__ End __:__	☐ Start __:__ End __:__	__ / 3

WEEK SCORE: _____ / 21 walks

Goals: **7+** beginner | **12+** good | **18+** excellent | **21** elite

"The challenges we face are as difficult as we perceive them to be."

NOTES / WIN OF THE WEEK:

*"Your body doesn't store fat because of the food you eat... it stores fat because of what you do **after** you eat."*

Next Goal: Fix sugar cravings BEFORE meals.



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