

Setting Goals

Setting goals for your walking group can help you stay motivated and give you an idea about the progress that you have made. Most walking groups encourage members to keep track of distance or time walked. Groups often encourage members to keep track of walking that they do outside of club scheduled walks.

Group goals or targets can also be helpful and fun. Consider having everyone in your group collectively track the amount of walking that they do over a time period and track the progress on a map. Your group may want to “walk” across Canada!

If your goal is to walk for 45 minutes during lunch on a minimum of four days per week, then place a checkmark or star on your logbook/calendar on each day that you meet that goal.

Whether you want to set individual or group targets, three of the most important things about goal setting are:

Benchmark
– note either the longest time that you have walked or the farthest that you walked in the first 2 weeks. Use this as your daily goal for the next two weeks of walking. At the end of two weeks, if you are consistently meeting your personal best then, celebrate because you have reached your goal in a mere 4 weeks!

Build – build on the goals that you have met over the last 4 weeks. This is the key to your success. Keep logging your activity; don't be shy to be truthful with yourself and each other about how much you are really walking. It is expected that you won't be perfect each day. You will discover patterns if you track your activity accurately.

Baseline
– for the first two weeks walk regularly and carefully track either the distance that you walk or the length of time that you walk. This should give you a fairly good idea about your starting point. The starting point or baseline is going to give you the ability to track how much longer and/or farther you are walking as the weeks go on.

