

# WEEKLY STEP TRACKER

Month:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

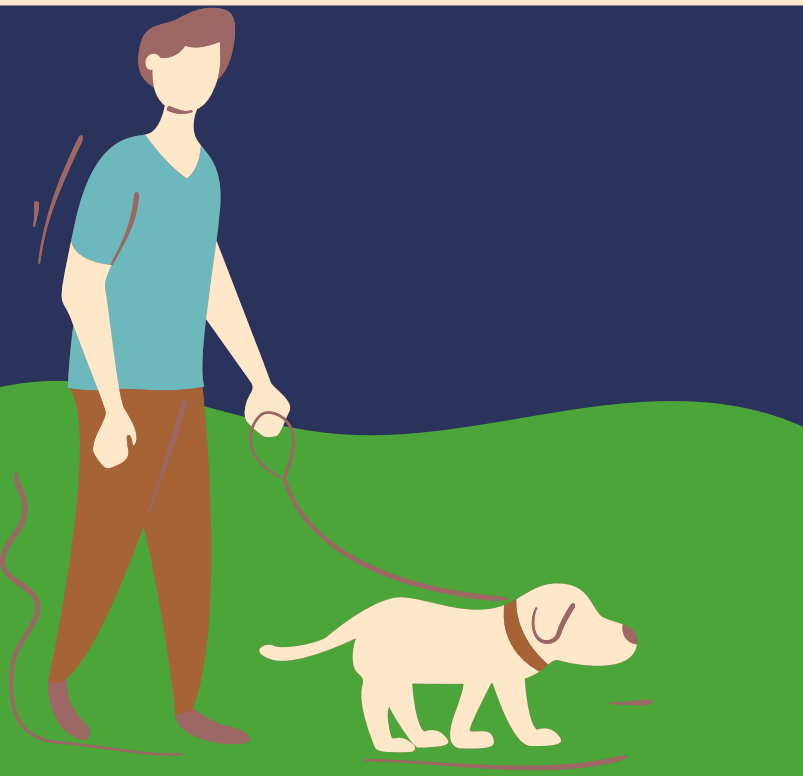
PublicHealth  
IN THE 406

*"Walking can even help your mood. A number of studies have found that it's as effective as [prescription] drugs for decreasing depression."*



*"Walking for 2.5 hours a week (21 minutes a day) can cut your risk of heart disease by 30%. In addition... walking has also been shown to reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and keep you mentally sharp."*

*-Harvard Medical School [Walking for Health](#)*



*"A University of Utah study in 2014 found that for every minute of brisk walking that women did throughout the day, they lowered their risk of obesity by 5%."*