

Walking FUNdamentals

Track your steps walking log

Week 1	Amount of time	Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Week 2	Amount of time	Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 3	Amount of time	Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Week 4	Amount of time	Distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Rewards for results

Track your walking progress in the Personal Health Manager's *Get Fit* section and earn Blue PointsSM. The higher the number of points, the bigger the rewards. Just visit Blue Access[®] for Members, click on the Personal Health Manager icon and look for the *Blue Points* icon for more details.



BlueCross BlueShield of Texas

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