



FOR A HAPPIER,
HEALTHIER SCOTLAND

**Walk
every day
this May**

Join in for daily adventures
this National Walking
Month. Remember to
share your walking or
wheeling stories with
us on social media.



#NationalWalkingMonth

1 Thursday

Start off small. Take a
10-minute walk around
the block, your garden,
or even indoors.

☐ Done!

2 Friday

Start a walking journal
for the month and
note down anything
interesting you see
on your walks.

☐ Done!

3 Saturday

Walk without looking at
your phone. Tune into
the world around you.

☐ Done!

4 Sunday

Find five green
things on your walk:
leaves, clothes,
doors... or Yoda, if
you're celebrating.

☐ Done!

5 Monday

Smile or greet someone
you pass on your walk.

☐ Done!

6 Tuesday

Go for a walk and
talk with a friend, or
give them a ring as
you stroll.

☐ Done!

7 Wednesday

Go for a walk by the
water: a pond, river,
canal, loch or the sea.

☐ Done!

8 Thursday

Do a small act of
kindness on your
walk: pick up litter,
help someone, or
clean a sign.

☐ Done!

9 Friday

Take a stroll in the
evening and watch
the sunset.

☐ Done!

10 Saturday

Bring a pen and paper.
Sketch or write about
what you see.

☐ Done!

11 Sunday

Start a story on a group
walk. Take turns adding
to it and keep going as
long as your walk lasts.

☐ Done!

12 Monday

Mix it up. Change
the pace of your walk
from brisk, or slow
yourself down.

☐ Done!

13 Tuesday

Check how many steps
you naturally do. There's
no pressure to do more,
just take notice.

☐ Done!

14 Wednesday

Try some deep
breathing before or
during your walk for a
stress-free wander.

☐ Done!

15 Thursday

Walk somewhere
that holds a memory
for you.

☐ Done!

16 Friday

You're halfway there!
Tell us about your walk
today or best walk so
far @PathsforAll

☐ Done!

17 Saturday

Take friends or family
on a mini scavenger
hunt. Look for things
like 'a number 7' or
'something blue'.

☐ Done!

18 Sunday

Walk with no
destination in mind.
Let your feet decide.

☐ Done!

19 Monday

Listen to something
as you walk: a playlist,
a podcast, or birdsong.

☐ Done!

20 Tuesday

Celebrate World Bee Day
by noticing the flowers
on your route or going
on a Bee Walk.

☐ Done!

21 Wednesday

Walk somewhere you
can see the sky. Take
time to notice the
clouds, the colour of
the sky, or the stars.

☐ Done!

22 Thursday

Take a photo on your
walk. Share it with us
@PathsforAll

☐ Done!

23 Friday

Walk to the shops, a
café or a restaurant.

☐ Done!

24 Saturday

Try a new park or
nature spot today and
make a list of all the
wildlife you can see.

☐ Done!

25 Sunday

Repeat your favourite
walk from earlier in
the month. What feels
different now?

☐ Done!

26 Monday

Try to name three
birds, trees or plants.
Or describe them in
your own way.

☐ Done!

27 Tuesday

Find a peaceful place:
a nature spot, a
museum, or your
favourite bench.

☐ Done!

28 Wednesday

Walk with a destination
in mind this time!
Choose a spot you feel
comfortable walking to.

☐ Done!

29 Thursday

Walk somewhere
indoors. Try going
along corridors, up
and down stairs, or
walking on the spot.

☐ Done!

30 Friday

Walk with someone
who is younger or
older than you.

☐ Done!

31 Saturday

Take a walk that feels
good. Celebrate the
new habit you've built.

☐ Done!

**You did it.
Well done!**