



Walking + Recall Routine

Walk Information

Date: _____

Minutes Walked: _____

Route Taken: _____

Recall Tasks

- ☐ Warm-Up (0–5 min): Name everything blue you see
- ☐ Challenge (5–15 min): Alternate between naming grocery items and people
- ☐ Memory Building (15–35 min): Tell a story aloud, adding details every 2 minutes
- ☐ Cooldown (35–40 min): Describe your surroundings in full sentences

Favorite Memory I Recalled This Week

One New Thing I Noticed