

# WALKING



Walk Every Day.  
Until The Time Is Up.

30-DAY CHALLENGE

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|                      |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| 1<br>15 minute walk  | 2<br>20 minute walk  | 3<br>15 minute walk  | 4<br>25 minute walk  | 5<br>15 minute walk  |
| 6<br>30 minute walk  | 7<br>15 minute walk  | 8<br>35 minute walk  | 9<br>15 minute walk  | 10<br>40 minute walk |
| 11<br>15 minute walk | 12<br>45 minute walk | 13<br>15 minute walk | 14<br>50 minute walk | 15<br>15 minute walk |
| 16<br>55 minute walk | 17<br>15 minute walk | 18<br>1 hour walk    | 19<br>15 minute walk | 20<br>1h 5min walk   |
| 21<br>15 minute walk | 22<br>1h 10min walk  | 23<br>15 minute walk | 24<br>1h 15min walk  | 25<br>15 minute walk |
| 26<br>1h 20min walk  | 27<br>15 minute walk | 28<br>1h 25min walk  | 29<br>15 minute walk | 30<br>1h 30min walk  |