

WALKING



Walk Every Day.
Until The Time Is Up.

30-Day Challenge

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