

30 DAY WALKING CHALLENGE



 = _____ MINUTES



30 DAY WALKING CHALLENGE

DAY 1 _____ Minutes	DAY 2 _____ Minutes	DAY 3 _____ Minutes	DAY 4 _____ Minutes	DAY 5 _____ Minutes
DAY 6 _____ Minutes	DAY 7 _____ Minutes	DAY 8 _____ Minutes	DAY 9 _____ Minutes	DAY 10 _____ Minutes
DAY 11 _____ Minutes	DAY 12 _____ Minutes	DAY 13 _____ Minutes	DAY 14 _____ Minutes	DAY 15 _____ Minutes
DAY 16 _____ Minutes	DAY 17 _____ Minutes	DAY 18 _____ Minutes	DAY 19 _____ Minutes	DAY 20 _____ Minutes
DAY 21 _____ Minutes	DAY 22 _____ Minutes	DAY 23 _____ Minutes	DAY 24 _____ Minutes	DAY 25 _____ Minutes
DAY 26 _____ Minutes	DAY 27 _____ Minutes	DAY 28 _____ Minutes	DAY 29 _____ Minutes	DAY 30 _____ Minutes

