

Name:

30 Day 300 minutes Walking Challenge!

Date Started:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 minute walk	Rest Day	10 minute walk	Rest Day	Rest Day	Rest Day	10 minute walk
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
15 minute walk	Rest Day	10 minute walk	Rest Day	10 minute walk	Rest Day	15 minute walk
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
20 minute walk	Rest Day	10 minute walk	Rest Day	10 minute walk	15 minute walk	20 minute walk
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
20 minute walk	10 minute walk	15 minute walk	Rest Day	10 minute walk	15 minute walk	15 minute walk am 15 minute walk pm
Day 29	Day 30	Instructions:				
20 minute walk am 10 minute walk pm	15 minute walk	<ul style="list-style-type: none">- Start on a Sunday on Day 1- If you miss a day, you must complete the day you missed on the day you are currently on or on a rest day.- No skipping or cheating!- Tick or cross the day off once completed.- Do at the same time each day. Morning is recommended.				