



# 30-DAY WALKING CHALLENGE

No equipment needed, indoor or outdoor

## 1ST WEEK

### Day 1

25 minutes

☐ Walk done!

### Day 2

30 minutes

☐ Walk done!

### Day 3

30 minutes

☐ Walk done!

### Day 4

REST

### Day 5

30 minutes

☐ Walk done!

### Day 6

45 minutes

☐ Walk done!

### Day 7

REST

## 2ND WEEK

### Day 1

45 minutes

☐ Walk done!

### Day 2

45 minutes

☐ Walk done!

### Day 3

45 minutes

☐ Walk done!

### Day 4

REST

### Day 5

45 minutes

☐ Walk done!

### Day 6

60 minutes

☐ Walk done!

### Day 7

REST

## 3RD WEEK

### Day 1

60 minutes

☐ Walk done!

### Day 2

60 minutes

☐ Walk done!

### Day 3

60 minutes

☐ Walk done!

### Day 4

REST

### Day 5

75 minutes

☐ Walk done!

### Day 6

75 minutes

☐ Walk done!

### Day 7

REST

## 4TH WEEK

### Day 1

75 minutes

☐ Walk done!

### Day 2

75 minutes

☐ Walk done!

### Day 3

90 minutes

☐ Walk done!

### Day 4

REST

### Day 5

90 minutes

☐ Walk done!

### Day 6

90 minutes

☐ Walk done!

### Day 7

REST