

30-DAY WALKING CHALLENGE

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

***Burn off calories, and shed pounds by taking a daily stroll.**

***Walking may help to reduce stress.**

***Lower your risk of heart disease by walking daily.**

