

# 21 day walking challenge



**INSTALL NOW**

**DAY 1**  
**START WALKING**  
*20 minutes*

**DAY 2**  
**SHORT WALK**  
*20 minutes*

**DAY 3**  
**SHORT WALK**  
*20 minutes*

**DAY 4**  
**STEP IT UP**  
*30 minutes*

**DAY 5**  
**RELAXED WALK**  
*20 minutes*

**DAY 6**  
**STEP IT UP**  
*30 minutes*

**DAY 7**  
**PUSH YOURSELF**  
*60 minutes*

**DAY 8**  
**RELAXED WALK**  
*20 minutes*

**DAY 9**  
**SHORT WALK**  
*20 minutes*

**DAY 10**  
**STEP IT UP**  
*30 minutes*

**DAY 11**  
**KEEP ON GOING**  
*30 minutes*

**DAY 12**  
**RELAXED WALK**  
*20 minutes*

**DAY 13**  
**STEP IT UP**  
*30 minutes*

**DAY 14**  
**YOU'VE GOT THIS**  
*60 minutes*

**DAY 15**  
**HALF WAY THERE**  
*30 minutes*

**DAY 16**  
**RELAXED WALK**  
*20 minutes*

**DAY 17**  
**SHORT WALK**  
*20 minutes*

**DAY 18**  
**STEP IT UP**  
*30 minutes*

**DAY 19**  
**SHORT WALK**  
*20 minutes*

**DAY 20**  
**KEEP ON GOING**  
*30 minutes*

**DAY 21**  
**SHORT WALK**  
*20 minutes*



# Walking Workout Compare

**Rosina Ehmann**



## **Walking Workout Compare:**

Ignite the flame of optimism with Crafted by is motivational masterpiece, Find Positivity in **Walking Workout Compare** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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**perimeter tutorials and worksheets for class 5** - Jul 18 2022

we know that opposite sides of a rectangle are equal perimeter of a rectangle  $2 \times \text{length} \times \text{breadth}$  example 1 find out the perimeter of a rectangle whose length is equal to 5 cm and breadth is equal to 3 cm solution perimeter of the rectangle  $2 \times \text{length} \times \text{breadth}$   $2 \times 5 \text{ cm} \times 3 \text{ cm}$   $2 \times 8 \text{ cm}$  16 cm

**grade 5 area perimeter worksheets free worksheets fmw** - Jun 28 2023

free grade 5 area and perimeter worksheets to help your students in mathematics area and perimeter can be tricky for students but it just takes practice use these free worksheets to help your students understand the steps involved in finding the area and perimeter of shapes

*grade 5 supplement math learning center* - Nov 21 2022

grade 5 supplement set d1 measurement area perimeter includes activity 1 measuring area d1 1 activity 2 measuring perimeter d1 5 activity 3 the ladybugs garden d1 9 activity 4 hexarights d1 15 independent worksheet 1 area perimeter review d1 23 independent worksheet 2 measuring rectangles d1 27 skills concepts

**grade 5 geometry worksheet rectangular shapes area and perimeter** - Jan 24 2023

find the perimeter and area of each rectangular shape rectangular shapes area and perimeter grade 5 geometry worksheet

*solutions to perimeter maths questions for grade 5* - Mar 26 2023

solutions and explanations to perimeter grade 5 questions are presented figure b is inside figure a shown below which statement is correct the perimeter of a is equal to the perimeter of b the perimeter of a is smaller than the perimeter of b the perimeter of a is larger than the perimeter of b cannot answer the question