

30-day Walking Streak



Day 1

Walk

Steps: _____

Day 2

Walk

Steps: _____

Day 3

Walk

Steps: _____

Day 4

Walk

Steps: _____

Day 5

Walk

Steps: _____

Day 6

Walk

Steps: _____

Day 7

Walk

Steps: _____

Day 8

Walk

Steps: _____

Day 9

Walk

Steps: _____

Day 10

Walk

Steps: _____

Day 11

Walk

Steps: _____

Day 12

Walk

Steps: _____

Day 13

Walk

Steps: _____

Day 14

Walk

Steps: _____

Day 15

Walk

Steps: _____

Day 16

Walk

Steps: _____

Day 17

Walk

Steps: _____

Day 18

Walk

Steps: _____

Day 19

Walk

Steps: _____

Day 20

Walk

Steps: _____

Day 21

Walk

Steps: _____

Day 22

Walk

Steps: _____

Day 23

Walk

Steps: _____

Day 24

Walk

Steps: _____

Day 25

Walk

Steps: _____

Day 26

Walk

Steps: _____

Day 27

Walk

Steps: _____

Day 28

Walk

Steps: _____

Day 29

Walk

Steps: _____

Day 30

Walk

Steps: _____

Total steps walked this month: _____

Weekly Ad Walking Workout Today

Ying-Ying Zheng



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