

# 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

**Gary Yanker, Kathy Burton**



## **Walking Workout Compare:**

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