

# 30 DAYS WALKING CHALLENGE

30 DAYS

## WALKING

*Hard Challenge*

START DATE \_\_\_\_\_



END DATE \_\_\_\_\_

<b>DAY 1</b> <input type="checkbox"/>	<b>DAY 2</b> <input type="checkbox"/>	<b>DAY 3</b> <input type="checkbox"/>	<b>DAY 4</b> <input type="checkbox"/>	<b>DAY 5</b> <input type="checkbox"/>
15 min Slow Pace	15 min Moderate Pace	15 min Fast Pace	20 min Slow Pace	20 min Moderate Pace
<b>DAY 6</b> <input type="checkbox"/>	<b>DAY 7</b> <input type="checkbox"/>	<b>DAY 8</b> <input type="checkbox"/>	<b>DAY 9</b> <input type="checkbox"/>	<b>DAY 10</b> <input type="checkbox"/>
20 min Fast Pace	25 min Slow Pace	25 min Moderate Pace	25 min Fast Pace	25 min Slow Pace
<b>DAY 11</b> <input type="checkbox"/>	<b>DAY 12</b> <input type="checkbox"/>	<b>DAY 13</b> <input type="checkbox"/>	<b>DAY 14</b> <input type="checkbox"/>	<b>DAY 15</b> <input type="checkbox"/>
20 min Moderate Pace	25 min Fast Pace	25 min Slow Pace	25 min Moderate Pace	25 min Fast Pace
<b>DAY 16</b> <input type="checkbox"/>	<b>DAY 17</b> <input type="checkbox"/>	<b>DAY 18</b> <input type="checkbox"/>	<b>DAY 19</b> <input type="checkbox"/>	<b>DAY 20</b> <input type="checkbox"/>
20 min	25 min	25 min	25 min	25 min

# Walking Workout Discount Store Hours

**Rachel Sandford**



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