

# 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 This Month

**Boston (Mass.). Health Department**



## Walking Workout This Month:

*Walk Yourself Well* Nina Barough, 2025-05-13 If you thrive on hitting your daily step count this book is for you In *Walk Yourself Well* walking expert Nina Barough will teach you how to make the most out of every step from mastering your technique and setting your pace to walking in different climates and terrains Go that extra mile and get inspired with Nina's motivational training programs research backed tips to get the most out of every step plus inspirational walks from around the world for every level Whether you want to improve your health increase your fitness or boost your mood walking has a host of benefits with no fuss and no expensive gym membership required So lace up your shoes program your smartwatch and step into a fitter healthier you

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**The Popular Science Monthly**, 1878    **The Hahnemannian Monthly**, 1875    *Popular Science Monthly*, 1920    *Therapeutic Monthly*, 1902

**Harper's New Monthly Magazine** Henry Mills Alden, 1873 Harper's informs a diverse body of readers of cultural business political literary and scientific affairs

**Walk, Jog, Run, for Wellness** Patricia A. Floyd, Janet E. Parke, 1990

**THE MONTHLY HOMOEOPATHIC REVIEW** ALFRED C. POPE, 1883    **Monthly Bulletin of the Health Dept. of the City of Boston** Boston (Mass.). Board of Health (1872-1914), 1921    *Monthly Bulletin of the Health Department of the City of Boston* Boston (Mass.). Health Department, 1921

**Monthly Bulletin of the Department of Health in the City of New York** New York (N.Y.). Department of Health, 1911    **The Monthly Service Bulletin**, 1928    ... **Transactions of the ... Annual Meeting** National Tuberculosis Association, 1919    *Scientific American Monthly* Alexander Russell Bond, 1921    *Monthly Religious Magazine* Frederic Dan Huntington, Edmund Hamilton Sears, Rufus Ellis, James William

Thompson, John Hopkins Morison, 1873    **Monthly Western Jurist** , 1875    **The Southern Journal of Homoeopathy**  
, 1892    *Monthly Cyclopaedia and Medical Bulletin* , 1910    **Harper's New Monthly Magazine** , 1873 Important American  
periodical dating back to 1850

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