

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: _____

Booktok Trending Walking Workout Last 90 Days

Les Snowdon, Maggie Humphreys



Booktok Trending Walking Workout Last 90 Days:

The 90-day Fitness Walking Program Mark Fenton, Seth Bauer, 1995 No exercise has swept the nation like walking It's simple it works and you've been doing it all your life Now The 90 Day Fitness Walking Program leaves you no excuses The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart burn fat feel healthier and remain injury free all in 90 days Most importantly they guide you to building a safe healthy effective exercise habit that will last a lifetime Day one walk for ten minutes today tomorrow and the next day but take day four off and why Starting up fitting exercise into your day and how to talk to your doctor about beginning a program Chart your course following your progress with an easy to use training log It's the shoes choosing the right pair and why it's so important Stretch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned How am I doing how to assess your improving health and fitness Sticks and stones whether hand weights and walking poles are right for you Do the diet hydration nutrition calorie burn and cutting the fat Moving forward advanced techniques speed workouts and racewalking for the ambitious Beyond the book how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you Walking John Johnson, Brenda

Armstrong, 1998-04-01 **The Walking Diet** Les Snowden, Maggie Humphreys, 1992 Combines walking with a low fat high fiber diet to help promote weight loss shares menus and recipes and suggests useful warmups and walking regimens

Walking John L. Johnson, 1998-04-01

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