

30-day Walking Streak



Day 1

☐ Walk

Steps: _____

Day 2

☐ Walk

Steps: _____

Day 3

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Steps: _____

Day 4

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Day 5

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Day 27

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Day 28

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Steps: _____

Day 29

☐ Walk

Steps: _____

Day 30

☐ Walk

Steps: _____

Total steps walked this month: _____

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Mark Fenton, Seth Bauer



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web mar 10 2021 open your hand holding the fingers straight bend the middle finger joints next touch your fingertips to the top of your palm open your hand repeat 10 times with each hand next reach your thumb across your hand to touch the base of your little finger stretch your thumb back out repeat 10 times

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