

# THE 30 DAYS of Walking

WORKOUT CHALLENGE



Follow the plan below and share your progress - #JustWalk

DAY 1 <b>START WALKING</b> 20 minutes	DAY 2 <b>SHORT WALK</b> 20 minutes	DAY 3 <b>SHORT WALK</b> 20 minutes	DAY 4 <b>STEP IT UP</b> 30 minutes	DAY 5 <b>RELAXED WALK</b> 20 minutes
DAY 6 <b>STEP IT UP</b> 30 minutes	DAY 7 <b>PUSH YOURSELF</b> 60 minutes	DAY 8 <b>RELAXED WALK</b> 20 minutes	DAY 9 <b>SHORT WALK</b> 20 minutes	DAY 10 <b>STEP IT UP</b> 30 minutes
DAY 11 <b>KEEP ON GOING</b> 30 minutes	DAY 12 <b>RELAXED WALK</b> 20 minutes	DAY 13 <b>STEP IT UP</b> 30 minutes	DAY 14 <b>YOU'VE GOT THIS</b> 60 minutes	DAY 15 <b>HALF WAY THERE</b> 30 minutes

Now it's time to make it more interesting. Challenge yourself to increase your distance each day. You could also walk with a friend for extra enjoyment and motivation.

DAY 16 <b>RELAXED WALK</b> 20 minutes	DAY 17 <b>SHORT WALK</b> 20 minutes	DAY 18 <b>STEP IT UP</b> 30 minutes	DAY 19 <b>SHORT WALK</b> 20 minutes	DAY 20 <b>KEEP ON GOING</b> 30 minutes
DAY 21 <b>SHORT WALK</b> 20 minutes	DAY 22 <b>STEP IT UP</b> 30 minutes	DAY 23 <b>SHORT WALK</b> 20 minutes	DAY 24 <b>SHORT WALK</b> 20 minutes	DAY 25 <b>PUSH YOURSELF</b> 60 minutes
DAY 26 <b>SHORT WALK</b> 20 minutes	DAY 27 <b>KEEP ON GOING</b> 30 minutes	DAY 28 <b>YOU'VE GOT THIS</b> 60 minutes	DAY 29 <b>ALMOST THERE</b> 20 minutes	DAY 30 <b>YOU DID IT!</b> 20 minutes

# Box Office Walking Workout Compare

**Nancy Campbell**

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