

30 day WALKING CHALLENGE



Normal
walking



Moderately
fast walking



Fast
walking

DAY 1 5 MIN	DAY 2 6 MIN	DAY 3 7 MIN	DAY 4 8 MIN	DAY 5 9 MIN	DAY 6 10 MIN
DAY 7 REST	DAY 8 5 MIN 1 MIN 4 MIN	DAY 9 4 MIN 2 MIN 4 MIN	DAY 10 4 MIN 3 MIN 3 MIN	DAY 11 3 MIN 4 MIN 3 MIN	DAY 12 3 MIN 5 MIN 2 MIN
DAY 13 2 MIN 6 MIN 2 MIN	DAY 14 REST	DAY 15 4 MIN 1 MIN 1 MIN 1 MIN 3 MIN	DAY 16 3 MIN 1 MIN 2 MIN 1 MIN 3 MIN	DAY 17 2 MIN 2 MIN 2 MIN 2 MIN 2 MIN	DAY 18 2 MIN 2 MIN 2 MIN 3 MIN 1 MIN
DAY 19 1 MIN 3 MIN 2 MIN 3 MIN 1 MIN	DAY 20 1 MIN 2 MIN 3 MIN 3 MIN 1 MIN	DAY 21 REST	DAY 22 1 MIN 2 MIN 4 MIN 2 MIN 1 MIN	DAY 23 1 MIN 1 MIN 5 MIN 2 MIN 1 MIN	DAY 24 1 MIN 1 MIN 6 MIN 1 MIN 1 MIN
DAY 25 1 MIN 7 MIN 1 MIN 1 MIN	DAY 26 1 MIN 8 MIN 1 MIN	DAY 27 1 MIN 9 MIN 1 MIN	DAY 28 REST	DAY 29 1 MIN 10 MIN 1 MIN	DAY 30 1 MIN 10 MIN 1 MIN

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Sight Words List Walking Workout Compare

LL Leslie

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'LL Leslie' text.

Sight Words List Walking Workout Compare:

Sight Words List Walking Workout Compare Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Sight Words List Walking Workout Compare**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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