

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 Review

JL Elias



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