

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

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Gary M. Armstrong, Philip Kotler



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