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| Place an X in the box for each day you walk a mile! (You may also choose to log steps, etc.) |  |
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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|  |  |  |  | 30 | 31 | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  | FINISH! |  |  |  |
| 23 | 24 | 25 | 2926 | 30 | 31 |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| Just Walk | Wondering how many laps around your building is a mile? Check out the maps at <http://www.58fitness.com/walking-challenge.php>. Once you have completed the challenge, please don’t forget to log your progress at <http://www.58fitness.com/walking-challenge.php>. |