



≈ 30 Day ≈

walking challenge



small steps. big progress. ♥



GOAL: I will walk _____ times this week!



LET'S GET MOVING!



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



20



21



22



23



24



25



26



27



28



29



30



WAYS TO KEEP GOING:



Start small
Celebrate
every step



Be consistent
Progress, not
perfection



Find joy in
the journey



Stay hydrated
Listen to
your body

MY WHY



I'm doing this for:

.....
.....
.....



REWARD FOR MYSELF



When I complete this challenge, I will:

.....
.....
.....



NOTES & REFLECTIONS



How I feel, what I notice, wins, etc.

.....
.....
.....



one step at a time, you're getting stronger every day. ♥

