

JUST WALK

30-Day Challenge



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Walk 60 minutes non-stop every day for 30 days.

1 60 minutes	2 60 minutes	3 60 minutes	4 60 minutes	5 60 minutes
6 60 minutes	7 60 minutes	8 60 minutes	9 60 minutes	10 60 minutes
11 60 minutes	12 60 minutes	13 60 minutes	14 60 minutes	15 60 minutes
16 60 minutes	17 60 minutes	18 60 minutes	19 60 minutes	20 60 minutes
21 60 minutes	22 60 minutes	23 60 minutes	24 60 minutes	25 60 minutes
26 60 minutes	27 60 minutes	28 60 minutes	29 60 minutes	30 60 minutes