21 DAY CHALLENGE

Time:

Distance:

WALKING

Beginner

Start Date:

End Date:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
15 MIN	15 MIN	16 MIN	17 MIN	18 MIN	19 MIN	20 MIN

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
20 MIN	22 MIN	24 MIN	26 MIN	28 MIN	30 MIN	30 MIN

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
30 MIN	32 MIN	34 MIN	37 MIN	40 MIN	42 MIN	45 MIN

21 DAY CHALLENGE

Time:

Distance:

WALKING

Intermediate/Advanced

Start Date:

End Date:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30 MIN	30 MIN	31 MIN	32 MIN	33 MIN	34 MIN	35 MIN

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
35 MIN	37 MIN	39 MIN	41 MIN	43 MIN	45 MIN	45 MIN

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
45 MIN	48 MIN	51 MIN	54 MIN	57 MIN	60 MIN	60 MIN

21 DAY CHALLENGE

WALKING

Start Date:	End Date:

	TIME	DISTANCE	NOTES
Day 1	15 MIN		
Day 2	15 MIN		
Day 3	16 MIN		
Day 4	17 MIN		
Day 5	18 MIN		
Day 6	19 MIN		
Day7	20 MIN		
Day 8	20 MIN		
Day 9	22 MIN		
Day 10	24 MIN		
Day 11	26 MIN		
Day 12	28 MIN		
Day 13	30 MIN		
Day 14	30 MIN		
Day 15	30 MIN		
Day 16	32 MIN		
Day 17	35 MIN		
Day 18	37 MIN		
Day 19	40 MIN		
Day 20	40 MIN		
Day 21	45 MIN		

21 DAY CHALLENGE

WALKING

Start Date:	End Date:

	TIME	DISTANCE	NOTES
Day 1	30 MIN		
Day 2	30 MIN		
Day 3	31 MIN		
Day 4	32 MIN		
Day 5	33 MIN		
Day 6	34 MIN		
Day7	35 MIN		
Day 8	35 MIN		
Day 9	37 MIN		
Day 10	39 MIN		
Day 11	41 MIN		
Day 12	43 MIN		
Day 13	45 MIN		
Day 14	45 MIN		
Day 15	45 MIN		
Day 16	48 MIN		
Day 17	51 MIN		
Day 18	54 MIN		
Day 19	57 MIN		
Day 20	60 MIN		
Day 21	60 MIN		

21 DAY CHALLENGE

WATER

DAY 1										
DAY 2										
DAY 3										
DAY 4										
DAY 5										
DAY 6										
DAY 7										
DAY 8										
DAY 9										
DAY 10										
DAY 11										
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DAY 21										

21 DAY CHALLENGE

DAY #	DATE:

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