



30 Day Move a Mile a Day Challenge: Walk it, run it, jog it, crawl it – just lace up and go!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Get those shoes ready, it's going to be a busy month!</p> <p>___ # Miles ___ Time</p>	<p>___ # Miles</p>	<p>TAKE A PICTURE OF YOUR SHOES LACED UP AND IN ACTION FOR FB!</p> <p>___ # Miles</p>	<p>Fit Tip: Enlist support and make it public! Telling folks about your goals increases your chances of success!</p> <p>___ # Miles</p>	<p>Remember, those boots were made for walking...</p> <p>___ # Miles</p>	<p>___ # Miles</p>	<p>Got a spring in your step yet?</p> <p>___ # Miles</p>
<p>___ # Miles ___ Time</p>	<p>Fit Tip: set small goals with rewards. After you walk 5 miles, how will you celebrate? What about 10? 15? 20?</p> <p>___ # Miles</p>	<p>What are you most proud of?</p> <p>___ # Miles</p>	<p>___ # Miles</p>	<p>What made you lace up today?</p> <p>___ # Miles</p>	<p>___ # Miles</p>	<p>POST YOUR SHOES ON FB!</p> <p>___ # Miles</p>
<p>Are you getting faster? How does that feel?!</p> <p>___ # Miles ___ Time</p>	<p>POST YOUR SHOES ON FB!</p> <p>___ # Miles</p>	<p>___ # Miles</p>	<p>Fit Tip: Grab a friend for a walk instead of a drink/meal. Great way to catch up and finish the challenge!</p> <p>___ # Miles</p>	<p>What's motivating you today?</p> <p>___ # Miles</p>	<p>___ # Miles</p>	<p>How's that rear end looking? Take a picture!</p> <p>___ # Miles</p>
<p>FIT TIP: Treat yourself to new fitness apparel - you earned it! And it will motivate you to keep moving ☺</p> <p>___ # Miles ___ Time</p>	<p>___ # Miles</p>	<p>POST YOUR SHOES ON FB!</p> <p>___ # Miles</p>	<p>___ # Miles</p>	<p>Who have you encouraged or inspired to be healthy?</p> <p>___ # Miles</p>	<p>What are you most looking forward to after these 30 days?</p> <p>___ # Miles</p>	<p>___ # Miles</p>
<p>___ # Miles ___ Time</p>	<p>Moving your body every day is one of the best ways to live a longer, healthier and happier life!</p> <p>___ # Miles</p>	<p>Fit Tip: Just stop thinking about it and go! You're almost there.</p> <p>___ # Miles</p>	<p>What are you working for?</p> <p>___ # Miles</p>	<p>POST YOUR SHOES ON FB!</p> <p>___ # Miles</p>	<p>With a marathon behind you, how are you feeling?</p> <p>___ # Miles</p>	<p>Final Picture – How does it look?</p> <p>___ # Miles</p>

YOU CAN DO ANYTHING YOU THINK YOU CAN!

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