

DECEMBER 2014

WALKING MY WAY BACK TO HEALTH

WALKING GOALS:
STEPS: 310,000
MILES: 93
TIME: 45 Mins/DAY

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Walking Challenge



	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
BONUS EXERCISE								
WORKOUT w/BOB ODD DAYS	1 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	2 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	3 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	4 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	5 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	6 BRISK WALK STEPS: _____ MILES: _____ TIME: _____		
WALK w/LESLIE EVEN DAYS	7 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	8 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	9 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	10 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	11 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	12 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	13 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	
	14 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	15 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	16 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	17 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	18 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	19 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	20 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	
	21 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	22 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	23 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	24 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	25 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	26 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	27 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	
	28 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	29 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	30 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	31 BRISK WALK STEPS: _____ MILES: _____ TIME: _____	<p>You must COMMIT to a <u>minimum of 30 minutes</u> of BRISK WALKING a day!!! You can do treadmill, outdoor walking, Leslie Sansone walking videos, ETC... Bonus exercises listed are HIGHLY encouraged daily.</p> <p>DRINK 100 oz. of WATER DAILY!!!</p>			

30 MINUTES DAILY OF BRISK WALKING BENEFITS HEALTH!!!

****It is very important that you consult your doctor before starting any type of exercise routine****

