



**WALK EVERY DAY
FOR 31 DAYS!**
Oct. 1 - 31, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1st day done!	2	3
4	5	6	7 You're one week in!	8	9	10 Just keep walking!
11	12	13	14	15 15 days of walking done!!!	16 More than halfway!	17
18	19	20	21 21 days ... it's a habit now!	22	23	24
25 Don't stop now!	26	27	28	29	30 Almost there ...	31 Congrats, now keep walking!