



**WALK EVERY DAY
FOR 31 DAYS!**
Oct. 1 - 31, 2021

| 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 Congrats, now keep walking! | 25 Don't stop now! | 26 | 27 | 28 | 29 | 30 Almost there ... |
| 31 | | | | | | |