


# MARCH 2025



SUN	MON	TUE	WED	THU	FRI	SAT
						1
5K Training Begins! Weekly Goal: Walk 625 steps	3	4	5	6	7	8
9 Weekly Goal: Walk 1250 steps	10	11	12 Keep going! 1250 steps is over half a mile!	13	14	15
16 Weekly Goal: Walk 1875 steps	17	18	19 Keep going! 1875 steps is almost a mile!	20	21	22
23 Weekly Goal: Walk 2500 steps	24	25	26 You did it! Walk over 1 mile!	27	28	29
30 Weekly Goal: Walk 3125 steps	31					




SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6 Weekly Goal: Walk 3750 steps	7	8	9	10	11	12
13 Weekly Goal: Walk 4375 Steps	14	15	16	17	18	19
20 Weekly Goal: Walk 5000 steps	21	22	23 You did it! 5000 steps is 2 miles! 	24	25	26
27 Weekly Goal: Walk 5625 steps	28	29	30			

# APRIL 2025





# MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
<div>4</div> <div>Weekly Goal: Walk 6750 steps</div>	5	6	<div>7</div> <div>You did it! 6750 steps is 3 miles!</div>	8	+	10
<div>11</div> <div>Weekly Goal: Walk 6875 steps</div>	12	13	14	15	16	17
<div>18</div> <div>Weekly Goal: Walk 7500 steps</div>	19	20	<div>21</div> <div>Almost there @ steps for a 5K!</div>	22	23	24
<div>25</div> <div>Weekly Goal: Walk 8175 steps</div>	26	27	<div>You walked 28 a 5K! (3.2 miles)</div> <div></div>	29	30	31





SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</div> <div>Weekly Goal: Walk 8750 steps</div>	2	3	4	5	6	7
<div>8</div> <div>Weekly Goal: Walk 9375 steps</div>	9	10	Now that you've mastered <div>11</div> walking enough steps for a 5K, increase your stamina!	12	13	<div>14</div> <div>TPC Juneteenth 5K Walk for Wellness</div>
<div>15</div> <div>Weekly Goal: Walk 10,000 steps</div>	16	17	18	<div>19</div> <div>TPC Juneteenth 5K Walk for Wellness</div>	20	21
<div>22</div> <div>Weekly Goal: Walk 10,000 steps</div>	23	Walking daily <div>24</div> can help reduce your risk of common health problems.	25	<div>26</div> Walking daily can elevate your mood and is great for brain health.	27	28
<div>29</div> <div>Make walking your daily habit throughout 2026 and beyond! </div>	30					

JUNE  
2025

