

MARCH 2024



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 5K Training Begins! Weekly Goal: Walk 625 steps	4	5	6	7	8	9
10 Weekly Goal: Walk 1250 steps	11	12	13 Keep going! 1250 steps is over half a mile!	14	15	16
17 Weekly Goal: Walk 1875 steps	18	19	20 Keep going! 1875 steps is almost a mile!	21	22	23
24 Weekly Goal: Walk 2500 steps	25	26	27 You did it! Walk over 1 mile!	28	29	30
31 Weekly Goal: Walk 3125 steps						



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

APRIL 2024



MAY 2024



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 Weekly Goal: Walk 6750 steps	6	7	8 You did it! 6750 steps is 3 miles!	9	10	11
12 Weekly Goal: Walk 6875 steps	13	14	15	16	17	18
19 Weekly Goal: Walk 7500 steps	20	21	22 Almost there @ steps for a 5K!	23	24	25
26 Weekly Goal: Walk 8175 steps	27	28	29 You walked a 5K! (3.2 miles) 	30	31	

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Weekly Goal: Walk 8750 steps	3	4	Now that you've mastered 5 walking enough steps for a 5K, increase your stamina!	6	7	8
9 Weekly Goal: Walk 9375 steps	10	11	12	13	14	15
16 Weekly Goal: Walk 10,000 steps	17	Walking daily 18 can help reduce your risk of common health problems.	19	20 Walking daily can elevate your mood and is great for brain health.	21	22
23 Make walking your daily habit throughout 2024 and beyond!	24	25	26	27	28	29
30						

JUNE 2024

