

30 day walking challenge

1 5 mins	2 5 mins	3 5 mins	4 5 mins	5 optional rest or 5 mins
6 10 mins	7 10 mins	8 10 mins	9 10 mins	10 optional rest or 5 mins
11 10 mins	12 15 mins	13 15 mins	14 15 mins	15 optional rest or 10 mins
16 15 mins	17 15 mins	18 15 mins	19 20 mins	20 optional rest or 10 mins
21 20 mins	22 20 mins	23 20 mins	24 25 mins	25 optional rest or 15 mins
26 25 mins	27 25 mins	28 25 mins	29 30 mins	30 30 mins