

30 day walking challenge

1 5 mins	2 5 mins	3 5 mins	4 10 mins	5 optional rest or 5 mins
6 10 mins	7 10 mins	8 15 mins	9 15 mins	10 optional rest or 10 mins
11 15 mins	12 20 mins	13 20 mins	14 20 mins	15 optional rest or 15 mins
16 25 mins	17 25 mins	18 25 mins	19 30 mins	20 optional rest or 20 mins
21 30 mins	22 30 mins	23 35 mins	24 35 mins	25 optional rest or 25 mins
26 35 mins	27 40 mins	28 40 mins	29 40 mins	30 45 mins