

30 day walking challenge

1 10 mins	2 10 mins	3 10 mins	4 15 mins	5 15 mins
6 15 mins	7 20 mins	8 20 mins	9 20 mins	10 25 mins
11 25 mins	12 25 mins	13 30 mins	14 30 mins	15 30 mins
16 35 mins	17 35 mins	18 35 mins	19 40 mins	20 40 mins
21 40 mins	22 45 mins	23 45 mins	24 45 mins	25 50 mins
26 50 mins	27 55 mins	28 55 mins	29 60 mins	30 60 mins