

# MAY 2024



*Small steps every day*

SUN	MON	TUE	WED	THU	FRI	SAT
			01 Set a weekly walking goal	02 Walk 1,000 steps in 30 minutes	03 Walk 1,000 steps in 30 minutes	04 Enjoy walking at a park
05 Drink 16 ounces of water with meals	06 Walk 1,500 steps in 30 minutes	07 Walk 1,500 steps in 30 minutes	08 Walk 2,000 steps in 30 minutes	09 Walk 2,000 steps in 30 minutes	10 Walk 2,000 steps in 30 minutes	11 Ask a family member or friend to walk with you
12 Aim for 7-8 hours of sleep per night	13 Walk 2,500 steps in 30 minutes	14 Walk 2,000 steps in 30 minutes	15 Walk 2,500 steps in 30 minutes	16 Walk 3,000 steps in 30 minutes	17 Walk 3,000 steps in 30 minutes	18 Enjoy a new walking trail
19 Fill half your plate with fruits & vegetables	20 Walk 3,500 steps in 30 minutes	21 Walk 3,500 steps in 30 minutes	22 Walk 4,000 steps in 30 minutes	23 Walk 4,000 steps in 30 minutes	24 Walk 4,000 steps in 30 minutes	25 Try Mindful Walking Exercise Challenge
26 Rest & Reflect	27 Walk 4,500 steps in 30 minutes	28 Walk 4,500 steps in 30 minutes	29 Walk 4,500 steps in 30 minutes	30 Walk 5,000 steps in 30 minutes	31 Walk 5,000 steps in 30 minutes	

**NOTES:**