






















# 3-WEEK WALKING CHALLENGE

Walk off The Weight in 2021

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	25min 1 <b>POWER WALK</b>  every step	40min 2 <b>TRIVIA WALK</b>  every step	40min 3 <b>INTERVAL WALK</b>  every step	25min 4 <b>WALK &amp; STRETCH</b>  every step	40min 5 <b>GAMES WALK</b>  every step	25min 6 <b>EXPRESS CARDIO WALK</b>  every step	40min 7 <b>DJ's CHOICE WALK</b>  every step
WEEK 2	25min 8 <b>POWER WALK</b>  every step	40min 9 <b>TRIVIA WALK</b>  every step	40min 10 <b>INTERVAL WALK</b>  every step	25min 11 <b>WALK &amp; STRETCH</b>  every step	40min 12 <b>GAMES WALK</b>  every step	25min 13 <b>EXPRESS CARDIO WALK</b>  every step	40min 14 <b>DJ's CHOICE WALK</b>  every step
WEEK 3	25min 15 <b>POWER WALK</b>  every step	40min 16 <b>TRIVIA WALK</b>  every step	40min 17 <b>INTERVAL WALK</b>  every step	25min 18 <b>WALK &amp; STRETCH</b>  every step	40min 19 <b>GAMES WALK</b>  every step	25min 20 <b>EXPRESS CARDIO WALK</b>  every step	40min 21 <b>DJ's CHOICE WALK</b>  every step