

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Day 1	Day 2	Day 3
				5 Mile Walk	2 Mile Walk	4 Mile Walk
					<i>Boost it!</i>	
Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
<i>Walk to Church!</i>	5 Mile Walk	2 Mile Walk	1 Mile Walk	2 Mile Walk	<i>Day off!</i>	5 Mile Walk
		<i>Boost it!</i>	<i>Add the Walk Belt!</i>	<i>Boost it!</i>		
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17
<i>Walk after Sunday Dinner!</i>	5 Mile Walk	<i>50 crunches and 25 push-ups!</i>	5 Mile Walk	<i>50 crunches and 25 push-ups!</i>	5 Mile Walk	3 Mile Walk
						<i>Add hand weights for 1 of the miles!</i>
Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
<i>Walk with Family!</i>	2 Mile Walk	4 Mile Walk	<i>Day off!</i>	4 Mile Walk	1 Mile Walk	Christmas Eve
	<i>Boost it!</i>				<i>50 crunches and 25 push-ups!</i>	<i>Enjoy your day with family and friends!</i>
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31
Christmas Day	<i>Day off!</i>	1 Mile Walk	1 Mile Walk	5 Mile Walk	5 Mile Walk	New Year's Eve
Merry Christmas!	You've earned it!	<i>Add the Walk Belt!</i>	<i>Boost it!</i>			<i>See you next year!</i>