

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9	10	11	12	13	14
<b>Before you begin:</b> <i>List a goal for January below!</i>	<b>Day 1!</b> Walk 2 Miles	<b>Day 2!</b> Walk 2 Miles	<b>Day 3!</b> Walk 2 Miles	<b>Day 4!</b> Walk 2 Miles	<b>Day 5!</b> Walk 3 Miles	<b>Day 6!</b> Walk 4 Miles
15	16	17	18	19	20	21
<b>Day 7!</b> Cook a nice dinner for your family! <i>Track your progress for your January goal below!</i>	<b>Day 8!</b> Walk 3 Miles	<b>Day 9!</b> Walk 3 Miles	<b>Day 10!</b> Walk 3 Miles	<b>Day 11!</b> Walk 3 Miles	<b>Day 12!</b> Walk 4 Miles	<b>Day 13!</b> Walk 5 Miles
22	23	24	25	26	27	28
<b>Day 14!</b> Go bowling with a friend! <i>Track your progress for your January goal below!</i>	<b>Day 15!</b> Walk 4 Miles	<b>Day 16!</b> Walk 4 Miles	<b>Day 17!</b> Walk 4 Miles	<b>Day 18!</b> Walk 4 Miles	<b>Day 19!</b> Walk 5 Miles	<b>Day 20!</b> Walk 5 Miles
29	30	31				
<b>Day 21!</b> Walk a mile in the morning and enjoy the rest of the day with your family! <i>Congrats! You've completed the challenge! We hope you walked your way to accomplishing your goals this month!</i>						