

30 Day Get Moving Challenge

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| 1 Walk for 10 Minutes | 2 Walk for 10 Minutes | 3 Walk for 15 Minutes | 4 Walk for 15 Minutes | 5 Walk for 15 Minutes 15 Crunches | 6 Walk for 15 Minutes 15 Jumping Jacks | 7 Walk for 15 Minutes 30 Crunches |
| 8 Walk for 20 Minutes 30 Jumping Jacks | 9 Walk for 20 Minutes 30 Crunches 5 Push Ups | 10 Walk for 20 Minutes 5 Push Ups | 11 Walk for 20 Minutes 30 Crunches | 12 Power Walk /Jog for 20 Minutes | 13 Power walk/jog 15 min 30 Crunches 5 Push Ups | 14 Mix It Up 30 Min of moving (bike ride, hike, swim, have fun at the park, ect..) |
| 15 Power walk/jog 15 min 30 Crunches 5 Push Ups | 16 Power walk/jog 15 min 20 Crunches 10 Jumping Jacks | 17 Walk for 20 Minutes | 18 Power walk/jog 20 min 20 Crunches | 19 Power walk/jog 15 min 10 Jumping Jacks | 20 Power walk/jog 20 min 20 Squats | 21 Mix It Up 30 Min of moving (bike ride, hike, swim, have fun at the park, ect..) |
| 22 Mix It Up 30 Min of moving (bike ride, hike, swim, have fun at the park, ect..) | 23 Power walk/jog 20 min 20 Squats | 24 Walk for 20 Minutes 30 Crunches 5 Push Ups | 25 Walk for 20 Minutes | 26 Power walk/jog 15 min 30 Crunches 10 Jumping Jacks | 27 Power walk/jog 20 min 30 Crunches | 28 Mix It Up 30 Min of moving (bike ride, hike, swim, have fun at the park, ect..) |
| 29 Mix It Up 30 Min of moving (bike ride, hike, swim, have fun at the park, ect..) | 30 Power walk/jog 15 min 30 Crunches 10 Jumping Jacks | 31 Power Walk /Jog for 20 Minutes | | | | |