

gerinhassan.com
WALK IT OFF CHALLENGE



<i>Day 1</i> 5 mins	<i>Day 2</i> 5 mins	<i>Day 3</i> 10 mins	<i>Day 4</i> Rest	<i>Day 5</i> 11 mins	<i>Day 6</i> 15 mins	<i>Day 7</i> Rest	Reward Treat yourself to a protein ball, you deserve it! My favs are from Healthlab
<i>Day 8</i> 20 mins	<i>Day 9</i> 20 mins	<i>Day 10</i> Rest	<i>Day 11</i> 22 mins	<i>Day 12</i> 22 mins	<i>Day 13</i> Rest	<i>Day 14</i> 25 mins	Reward Better get insurance on your legs you're on your way to sexier legs
<i>Day 15</i> 25 mins	<i>Day 16</i> 25 mins	<i>Day 17</i> 25 mins	<i>Day 18</i> Rest	<i>Day 19</i> 25 mins	<i>Day 20</i> Rest	<i>Day 21</i> 25 mins	Reward Buy some cute sport socks or a new outfit to walk in.
<i>Day 22</i> 30 mins	<i>Day 23</i> 30 mins	<i>Day 24</i> 30 mins	<i>Day 25</i> Rest	<i>Day 26</i> 30 mins	<i>Day 27</i> 30 mins	<i>Day 28</i> Rest	Reward Your health is an investment, simply try and walk 30 minutes a day to become a better version of yourself. You've got this.