YOUNGEVITY

WALK EVERY DAY FOR 31 DAYS!

Oct. 1 - 31, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1st day done!
2	3	4	5	6	7 You're one week in!	8
9	10 Just keep walking!	11	12	13	14	15 15 days of walking done!!!
16 More than halfway!	17	18	19	20	21 21 days . . . it's a habit now!	22
23 30 Almost there . . .	24 31 Congrats, now keep walking!	25	26 Don't stop now!	27	28	29

#ygybetterhealthchallenge