



# Get Outside walking challenge



Walk 30 minutes a day with your kids, family, friends, or pets!

Walking is a great way to stay healthy and spend quality time together. Every day you walk, write down something that you noticed (a bird, a person, a smell, a sound, etc.).



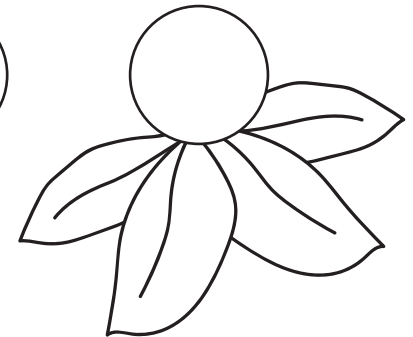
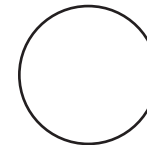
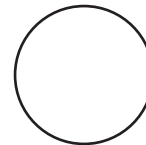
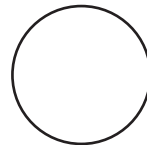
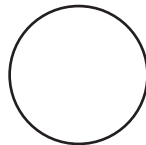
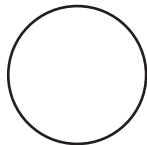
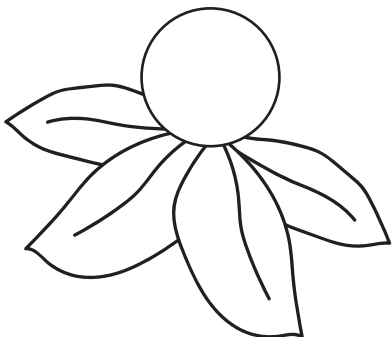
Start date: \_\_\_\_\_

End date: \_\_\_\_\_

date: _____ Today we noticed:	date: _____ Today we noticed:	date: _____ Today we noticed:	date: _____ Today we noticed:	date: _____ Today we noticed:	date: _____ Today we noticed:	date: _____ Today we noticed:
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Total Minutes Walked:    Total Minutes Walked:    Total Minutes Walked:    Total Minutes Walked:    Total Minutes Walked:    Total Minutes Walked:    Total Minutes Walked:



Total Time Walked: \_\_\_\_\_