



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: _____