

GM Walking Festival 2021

INTERMEDIATE: People who walk fairly often and in their everyday routine

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1st Take a 2 mile walk	2nd Have a brew and a walk with a friend	3rd Plan a picnic walk with family or friends	4th Take a 5000 step walk	5th Take a 20- 30 minute brisk walk	6th Swap the car and walk to the shop	7th Try a usual route in the opposite direction
8th Visit a park or woodland	9th Photograph something BLUE Share @GMWalks	10th Notice 3 things you find unusual or pleasant	11th Start your day with a walk	12th Walk and talk on the phone	13th Take a walk - notice the air, the ground the sounds	14th Wind down walk with your favourite music
15th Take a walk along a river or canal	16th Photograph something ORANGE Share @GMWalks	17th Walk with a friend, neighbour or colleague	18th Walk to school, to work or before breakfast	19th Take a new route today	20th Get some fresh air in the local park	21st Walk a GM Daily Mile (20 minutes or about 2000 steps)
22nd Find a hilly route to walk today	23rd Photograph something RED Share @GMWalks	24th Take a walk around the block	25th Go the long way round on your walk today	26th Take a 30-45 minute walk after work or after tea	27th Include 20 minutes at a brisk pace within a 30 minute walk	28th Take a walk then fill in the GM Walking Festival survey here
29th Plan a family route linking some local landmarks	30th Get outside today! Don't forget to share your walks this month @GMWalks	31st Family Walk - try a new route park or area?	Tick off the days as you get out through the month Keep track of all the walks you do, and you can add your own walking ideas and small challenges			