

# GM Walking Calendar: December

Add your walking activities for December into the boxes below

1st	2nd	3rd	4th	5th	6th	7th
8th	9th	10th	11th	12th	13th	14th
15th	16th	17th	18th	19th	20th	21st
22nd	23rd	24th	25th	26th	27th	28th
29th	30th	31st				

Tick off the days as you get out through the month  
Keep track of all the walks you do. You can also add  
your own walking ideas and small challenges