

GM Walking Calendar: October

Add your walking activities for October 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