

V77 Challenges

Walking Challenge

☐ Day 1 15 Minutes

☐ Day 2 20 Minutes

☐ Day 3 25 Minutes

Day 4 **Rest Day**

☐ Day 5 15 Minutes

☐ Day 6 20 Minutes

☐ Day 7 25 Minutes

Day 8 **Rest Day**

☐ Day 9 30 Minutes

☐ Day 10 30 Minutes

☐ Day 11 30 Minutes

Day 12 **Rest Day**

☐ Day 13 35 Minutes

☐ Day 14 40 Minutes

☐ Day 15 45 Minutes

Day 16 **Rest Day**

☐ Day 17 35 Minutes

☐ Day 18 40 Minutes

☐ Day 19 45 Burpees

Day 20 **Rest Day**

☐ Day 21 50 Minutes

☐ Day 22 50 Minutes

☐ Day 23 50 Minutes

Day 24 **Rest Day**

☐ Day 25 55 Minutes

☐ Day 26 60 Minutes

☐ Day 27 65 Minutes

Day 28 **Rest Day**

☐ Day 29 55 Minutes

☐ Day 30 60 Minutes

REMINDERS

Or if you prefer:

120 Miles over the 30 days
Split up however you like - just keep
a running total!

NOTES