

FITNESS DRUM

30 Day Walking Challenge

Day	Duration
Day 1	15 minutes
Day 2	17 minutes
Day 3	20 minutes
Day 4	22 minutes
Day 5	25 minutes
Day 6	27 minutes
Day 7	30 minutes
Day 8	32 minutes
Day 9	34 minutes
Day 10	36 minutes
Day 11	38 minutes
Day 12	40 minutes
Day 13	42 minutes
Day 14	44 minutes
Day 15	46 minutes
Day 16	48 minutes
Day 17	50 minutes
Day 18	51 minutes
Day 19	52 minutes
Day 20	53 minutes
Day 21	54 minutes
Day 22	55 minutes
Day 23	56 minutes
Day 24	57 minutes
Day 25	58 minutes
Day 26	59 minutes
Day 27	60 minutes
Day 28	1 hour 5 minutes
Day 29	1 hour 10 minutes
Day 30	1 hour 15 minutes