
















Walking CHALLENGE



20 20 in one month

Challenge yourself to walk 20 minutes per day for 20 days in October. At the end of October, if you have completed the challenge, you can turn your sheet into the Student Life Office or scan and email to: jkytchak@thiel.edu for a chance to win a prize. You can also say:

"I completed 20 20 in 2020!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Time: 	Time: 	Time: 
4	5	6	7	8	9	10
Time: 	Time: 	Time: 	Time: 	Time: 	Time: 	Time: 
11	12	13	14	15	16	17
Time: 	Time: 	Time: 	Time: 	Time: 	Time: 	Time: 
18	19	20	21	22	23	24
Time: 	Time: 	Time: 	Time: 	Time: 	Time: 	Time: 
25	26	27	28	29	30	31
Time: 	Time: 	Time: 	Time: 	Time: 	Time: 	Time: 

Circle one

Name:

Employee Student

Phone #:

Walking is an exercise that anyone can do! You don't need any fancy equipment, you don't need a gym membership, and you don't need a coach to give you a specific training plan. All you need is a little motivation and some outdoor space or a treadmill.

**Walking Challenge sponsored by
The Thiel Wellness Committee**