

# April 2024



## Walkie Talkie Challenge

***Walk with someone else for 250 minutes for one month***

***Walk with the same person or with different people***

***Talk to a friend on the phone while you walk as an alternative***

***\*these minutes can also count towards your monthly exercise minutes goal***

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

**NAME:** \_\_\_\_\_