

# WALKING CHALLENGE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Level One	5 mins out 5 mins back <b>10 minutes total</b>	6 mins out 6 mins back <b>12 minutes total</b>	7 mins out 8 mins back <b>15 minutes total</b>	10 mins out 10 mins back <b>20 minutes total</b>	10 mins out 10 mins back <b>20 minutes total</b> (walk further each day)
Level Two	10 mins out 10 mins back <b>20 minutes total</b>	11 mins out 11 mins back <b>22 minutes total</b>	12 mins out 13 mins back <b>25 minutes total</b>	12 mins out 13 mins back <b>25 minutes total</b> (walk further each day)	15 mins out 15 mins back <b>30 minutes total</b>
Level Three	15 mins out 15 mins back <b>30 minutes total</b>	15 mins out 15 mins back <b>30 minutes total</b> (walk further each day)	17 mins out 18 mins back <b>35 minutes total</b>	20 mins out 20 mins back <b>40 minutes total</b>	20 mins out 20 mins back <b>40 minutes total</b> (walk further each day)
Level Four	20 mins out 20 mins back <b>40 minutes total</b>	20 mins out 20 mins back <b>40 minutes total</b> (walk further each day)	21 mins out 19 mins back <b>40 minutes total</b> (walk faster back)	22 mins out 23 mins back <b>45 minutes total</b>	25 mins out 25 mins back <b>50 minutes total</b>

