

31-Day Walking & Core Challenge



| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|-------------------------------|---|---|---|--|
| <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core |
| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core |
| Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |
| <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core |
| Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |
| <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core |
| Day 29 | Day 30 | Day 31 | Explore the Core Bonus Challenge | | | |
| <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core <input type="checkbox"/> Walking | <input type="checkbox"/> Core | Week 1 Abs: Hollow hold | Week 2 Back: Superman | Week 3 Glutes: Wall sit | Week 4 Inner thighs: Side lying leg lifts |