



National Walking Challenge

30-Day Jumpstart

1 Take the pledge.

GO TO GIRLTREK.ORG TO TAKE THE PLEDGE AND BE COUNTED! IT'S FREE. ONCE YOU ARE SIGNED UP, START WALKING! WE CHALLENGE YOU TO COMPLETE 20 "TREKS" FROM THE LIST BELOW IN 30 DAYS OR LESS!!! STUDY THE LIST. REV UP YOUR WALKING SHOES AND GO! WE'RE CHEERING YOU! SEE YOU AT THE FINISH LINE.

2 Ready, set...

- PRINT THIS CHECKLIST AND HANG IT ON YOUR REFRIGERATOR OR IN A PUBLIC PLACE.
- START WALKING! A "TREK" IS A BRISK 30-MINUTE FITNESS WALK IN SNEAKERS - NOT A STROLL.
- YOU CAN ONLY CHECK OFF ONE TREK PER DAY.
- SHARE PROGRESS ON TWITTER, FACEBOOK, INSTAGRAM USING #GIRLTREK TO INSPIRE US!

3 Win golden laces!

WHEN YOU SUCCEED AT 20 WALKS IN 30 DAYS, YOU ARE AN OFFICIAL MEMBER OF GIRLTREK! TO CELEBRATE YOUR VICTORY WE HAVE A SPECIAL PRIZE FOR YOU - A FREE PAIR OF GOLDEN SHOELACES!!! CLAIM YOUR VICTORY AT WWW.GIRLTREK.ORG/VICTORY. COMPLETE THE FORM TO HAVE LACES MAILED - ON 15TH OF EACH MONTH - OR AWARDED BY A CAPTAIN AT THE NEXT CITY-WIDE EVENT.



GIRLTREK IS A NATIONAL HEALTH MOVEMENT THAT ACTIVATES THOUSANDS OF BLACK WOMEN TO BE CHANGE MAKERS IN THEIR LIVES AND COMMUNITIES — THROUGH WALKING. WE WALK TOGETHER TO HEAL OUR BODIES, INSPIRE OUR DAUGHTERS AND RECLAIM THE STREETS OF OUR NEIGHBORHOODS. OUR GOAL IS TO IGNITE A HEALTH MOVEMENT IN OUR COMMUNITIES BY MOBILIZING ONE MILLION WALKERS IN THE NEXT THREE YEARS. TO JOIN THIS ARMY OF STREET SOLDIERS, START WALKING!

CHOOSE 20 WALKS FROM THE LIST:

- TO THE GROCERY STORE
- TO THE POST OFFICE
- TO RUN ERRANDS
- WITH MY CHILD TO SCHOOL
- WITH CO-WORKERS AT LUNCH
- WITH MY DOG
- DURING A "WALKING MEETING"
- ACROSS TOWN
- ON A SELF-GUIDED TOUR
- ON A GUIDED TOUR
- WITH A DOCTOR OR TRAINER
- TO HOST A "WALKING MEETING"
- TO A STREET MARKET/FAIR
- IN THE MALL ON A RAINY DAY
- IN A GREAT PAIR OF SNEAKERS
- TO PICK UP LITTER

- 1 MILE IN 15 MINUTES OR LESS
- 2 MILES IN 30 MINUTES OR LESS
- AS A SOLO 5K, EXACTLY 3.1 MILES
- 4 MILES IN 1 HOUR OR LESS
- AS A SOLO 10K, EXACTLY 6.21 MILES
- UNTIL I SWEAT MY HAIRSTYLE OUT!
- UNTIL I EARN A "GIRLTREK GLOW"
- IN A RACE OR CHARITY WALK
- TO CLIMB 50 FLIGHTS OF STAIRS
- WHEN SAD, STUCK OR DEPRESSED
- WHEN STRESSED, ANGRY OR ANXIOUS
- TO MEDITATE OR PRAY
- TO A JAMMING PLAYLIST
- AT SUNRISE OR SUNSET
- TO A SCENIC OVERLOOK
- IN A WILDLIFE/NATURE RESERVE
- ON A WOODED TRAIL

- ALONG A RIVER
- ACROSS A BRIDGE
- ALONG A BEACH
- IN A CITY PARK
- IN A STATE PARK
- IN A NATIONAL PARK
- IN ANOTHER COUNTRY
- WITH AN OLD FRIEND
- WITH A NEW FRIEND
- WITH A GROUP OF FRIENDS
- AT A GIRLTREK EVENT
- WEARING GIRLTREK GEAR
- WITH A FAMILY MEMBER
- WITH MY BOO ON A DATE
- WITH A SENIOR CITIZEN
- WITH A MENTOR
- TO MENTOR A GIRL

CHOOSE YOUR OWN ADVENTURE:

- _____
- _____
- _____
- _____

THINK OF ICONIC PLACES IN YOUR CITY THAT YOU'VE ALWAYS WANTED TO VISIT!

DID YOU SUCCEED?

NAME: _____

VICTORY DATE: _____

[30 DAYS FROM TODAY.]

HOW DO YOU SPOT A TREKKER?

SHE'S WEARING "SUPERHERO BLUE!"
REWARD YOUR HARD WORK WITH NEW GEAR! SHOP AT GIRLTREK.ORG.