



**30 MILES, 30 DAYS
WALKING CHALLENGE**

**April 23-
May 23, 2021**

**THIS
MILE LOG BELONGS
TO:**

(your name here)

**My Reasons for
Walking:**

HOW IT WORKS:

Make sure you register online at:
comealiveoutside.com/mile-a-day

WALK 1 MILE A DAY FOR 30 DAYS!

- The goal is to get in the habit of walking a mile a day, but as long as you walk a total of 30 miles in 30 days, you complete the challenge!
- You must actually go for a walk. For example, it does not count to just track your steps during your normal daily routine. For the best experience, we encourage you to walk outdoors.
- Mileage can be calculated by time:
20 minutes = 1 mile
or by pedometer: 2000 steps = 1 mile
- Participants enter daily miles walked in your log, as well as total miles.
- When you sign up online, you will receive weekly newsletters via email to keep you motivated throughout the 30 days!

DAY:	DATE:	DAILY MILES:	TOTAL MILES:
1	4/23		
2	4/24		
3	4/25		
4	4/26		
5	4/27		
6	4/28		
7	4/29		
8	4/30		
9	5/1		
10	5/2		

DAY:	DATE:	DAILY MILES:	TOTAL MILES:
11	5/3		
12	5/4		
13	5/5		
14	5/6		
15	5/7		
16	5/8		
17	5/9		
18	5/10		
19	5/11		
20	5/12		
21	5/13		

DAY:	DATE:	DAILY MILES:	TOTAL MILES:
22	5/14		
23	5/15		
24	5/16		
25	5/17		
26	5/18		
27	5/19		
28	5/20		
29	5/21		
30	5/22		
Bonus Day!	5/23		

The Wrap-Up

After you've finished your passport, take our online survey to be entered to win one of our great prizes!

Visit <http://bit.ly/30miles21> to enter or scan this QR code with your smartphone:

You can also find our survey at comealiveoutside.com.



Join us for our next
100 Miles, 100 Days Challenge
June 18- September 26, 2021
<https://comealiveoutside.com/mile-a-day/>

PRIZES:



A pair of Leki
walking poles



A \$50 Amazon Gift
Card



A \$40 Hannaford
gift card



A year's subscription
to AllTrails pro

For more information, contact
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Or call 802-779-1037

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FOR MORE INFORMATION
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