

walk ³⁶⁵ in 2014

Walk to the end of your driveway,
around the block,
or walk to the moon and back.
You decide how far.
The main goal is to walk.
Get fresh air in your lungs,
get out of the house,
AND MOVE.
No rules.
Perfection is not the goal.
If you miss a day,
walk the next day.
Don't quit.
If you are tired or sick,
walk to the end of
your driveway and back.
Or walk to the bathroom
and get back in bed.
Walk 365 in 2014

Circle the day you walk

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, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40

41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60

61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77

77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109,

110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138,

139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152

153, 154, 155, 156

157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170

171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190

191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205

206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226

227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237

238, 239, 240, 241, 242, 243, 244, 245, 246

247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270

271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295

296, 297, 298, 299, 300

301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330

331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350

351, 352, 353, 354, 355, 356, 357, 358, 359, 360

361, 362, 363, 364, 365