

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

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