

January

A Month of Movement

DAY 1

Walk
10,000
Steps

DAY 2

Walk
15,000
Steps

DAY 3

Yoga
or
Pilates

DAY 4

Gym
workout

DAY 5

Walk
10,000
Steps

DAY 6

Walk
15,000
Steps

DAY 7

Yoga
or
Pilates

DAY 8

Gym
workout

DAY 9

Walk
10,000
Steps

DAY 10

Walk
15,000
Steps

DAY 11

Yoga
or
Pilates

DAY 12

Gym
workout