

WALK TO WELLBEING

30 minutes for 30 days in November



Can you walk for 30 minutes for 30 days?

Why not meet a with a friend or colleague for the walk?
Following all the current guidelines of course!



NAME: _____

1.
Let's Begin!

Tick here

2.
Stress Awareness Day

3.
You got this!

4.



6.

7.
1 Week Done!

8.
Remembrance Sunday

9.

10.
Keep Going!

11.
Lest We Forget



12.

13.
World Kindness Day

14.
World Diabetes Awareness Day

15.
Halfway There!

16. Alcohol Awareness Week
Cut down on your alcohol for the week

17.
You're Doing Great

18.

19.
World Pancreatic Cancer Day

20.
Universal Children's Day

21.
World COPD Day

22.

23.
National Adoption Day

24.
Getting There

25.
White Ribbon Day



26.
Carers Rights Day

27.
Black Friday



28.

29.

30.
St Andrews Day
DONE!