



National Walking Challenge

30-Day Jumpstart

1 your mission.

In the next 30 days, complete 20 walks from the list below. Check off one walk per day. That's it. Easy!! SO many to choose from. Lace up your sneakers. Open your front door. And welcome to the movement!!

2 be counted.

Use #GirlTrek to share your progress. We want to cheer you on. There is no registration and it's free. Our goal is to inspire a million Black women to walk for total healing! Be counted at GirlTrek.org

3 invite others

Tag friends to join you on social media. "I'm doing a 30-day walking challenge with GirlTrek, anyone want to join me!? I need a partner, maybe a referee! lol. Holla'if you're in!! #GirlTrek #20in30

GirlTrek is a life-saving sisterhood of thousands of Black women who walk for total healing and liberation. We walk together to heal our bodies, inspire our daughters and reclaim the streets of our neighborhoods. Our goal is to ignite a health movement. From Harriet Tubman to the women in the Montgomery Bus Boycotts, one thing is certain, when Black women walk, things change! Please help us spread the word. Make copies of this challenge and share it with friends, family and your favorite groups.

LIFESTYLE WALKS

- to the grocery store
- to the post office
- with co-workers
- with a friend
- across town
- at sunrise
- after a big meal.
- at sunset
- to get dessert
- to window shop
- to pick up litter
- to run an errand
- to visit a neighbor
- on a date
- instead of watching TV
- to the salon
- with a family member
- to wind down or relax

FITNESS WALKS

- to the end of your block
- around your block
- around your block twice
- as fast as you can, power walk
- 4 laps around a track, that's a mile!
- 1 mile in 20 minutes or less
- 1 mile in 15 minutes or less
- 2 miles in 40 minutes or less
- 2 miles in 30 minutes or less
- 3.1 miles, that's a 5K!
- 4 miles in 1 hour or less
- 6.21 miles, that's a 10K!
- to take a "sweaty selfie!"
- to earn a "GirlTrek Glow"
- in a pair of supportive sneakers
- in a "superhero blue" GirlTrek shirt
- in a race or charity walk

ADVENTURE WALKS

- along a river
- across a bridge
- on a beach
- on a wooded trail
- under a starry sky
- in a local park
- in a city park
- in a state park
- in a national park
- in a hilarious outfit
- to a street fair or market
- at a farmers market
- to a festival or concert
- to a museum
- to turn up
- to the best view of the city
- to a tourist site
- to a cultural landmark

EMOTIONAL HEALING WALKS

- to celebrate good news
- to clear my head
- after a long day
- after a tough conversation
- in silence
- to pray or meditate
- to listen to music
- when I feel thankful
- when I feel joyful
- when I feel calm
- because I feel stuck
- because I feel stressed
- because I feel afraid
- because I feel sad
- because I feel alone
- because I feel angry
- to forgive myself or someone
- to remember that I am awesome

- **Plan your victory!** Name: _____ Start Date: _____ + 30 days = Expected Victory Date : _____
- **Did you succeed?** If yes, tell us about your victory at GirlTrek.org. You earned a pair of golden shoelaces! Claim them today.
- **How do you spot a trekker on the street?** She's wearing "Superhero Blue!" Reward your hard work with new gear! Shop at GirlTrek.org.