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Mission May



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1
Commit to walking more this month, starting today

2
Take a photo of 3 trees that make you smile

3
Walk with a friend and go for coffee/tea together

4
Walk somewhere new today

5
Let's celebrate National birdsong day. Pause and listen

6
Find a trig point

7
How many things can you see and hear that start with M.

8
Find something fun to play on.

9
Plan a new walk for you and a friend

10
Find some steps or a hill on your walk today

11
How many colours of the rainbow can you find

12
Walk sideways every 5-10 minutes

13
Go for an early morning sunrise walk

14
As you're walking. What do you love about it?

15
Find a new cafe to try out on your walk today

16
Admire a view today. Share it. Can we guess where?

17
Find a bench or seat. What 3 things are going well today

18
Include your walk as part of your errands.

19
Walk to a woodland or forest. Sit and relax.

20
Find some things to push and pull on your walk

21
Walk slower than normal. What do you notice?

22
Put on your favourite playlist whilst walking

23
Walk by a river or stream

24
Find a bridge way or footpath sign

25
How often do you turn left instead of right on your walk?

26
Walk as if you're super proud

27
Enjoy a sunset walk today

28
Admire the texture of things on your walk

29
Walk the length (in time) of your commute

30
Every 5 minutes do a 10 second power walk

31
What's your walking focus for June?



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