







# WALKING LOG

## BARRY COUNTY BLUE ZONES WALKING CHALLENGE


# JUNE

SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTAL
		1	2	3	4	5	<input type="text"/>
6	7	8	9	10	11	12	<input type="text"/>
13	14 ★ Challenge Begins	15 	16	17 	18	19	<input type="text"/>
20	21	22 	23	24 	25	26	<input type="text"/>
27	28	29 	30				<input type="text"/>

### OPTIONAL ADDITIONAL CHALLENGE ACTIVITIES

- Put your walking shoes by the door so you see them daily.
- Set up a walking date with a friend.
- Suggest a walking meeting at work
- Take a walk selfie and use the hashtag #bluezoneswalkingchallenge or email it to info@bluezones.com to be featured on the Activate Barry County Facebook page.










"Walking is the only way proven to stave off cognitive decline – it works." – Dan Buettner

 Group Walks will be held Tuesday evenings at 7:00 pm starting at SHP Wellness Center and Thursday mornings at 7:00 am starting at selected trails around the county. Times may be subject to change.

# WALKING LOG


## BARRY COUNTY BLUE ZONES WALKING CHALLENGE

# JULY

SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTAL
				1 	2	3	<input type="text"/>
4	5	6 	7	8 	9	10	<input type="text"/>
11	12	13 	14	15 	16	17	<input type="text"/>
18	19	20 	21	22 	23	24	<input type="text"/>
25	26	27 	28	29 	20	31	<input type="text"/>

### OPTIONAL ADDITIONAL CHALLENGE ACTIVITIES









- Call a faraway friend or family member on your walk.
- Set up a walking date with a friend.
- Take a walk selfie and use the hashtag #bluezoneswalkingchallenge or email it to info@bluezones.com to be featured on the Activate Barry County Facebook page.

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# WALKING LOG


## BARRY COUNTY BLUE ZONES WALKING CHALLENGE

# AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTAL
1	2	3	4	5	6	7	
8	9	10 	11	12 	13	14	
15	16	17 	18	19 	20	21	
22	23	24 	25	26 	27	28	
29	30	31 ★ Challenge Ends 					

### OPTIONAL ADDITIONAL CHALLENGE ACTIVITIES

- Explore a new path or trail.
- Set up a walking date with a friend.
- Take a walk selfie and use the hashtag #bluezoneswalkingchallenge or email it to [info@bluezones.com](mailto:info@bluezones.com) to be featured on the Activate Barry County Facebook page.
- Print your challenge badge at [activatebarrycounty.com](http://activatebarrycounty.com).

 Group Walks will be held Tuesday evenings at 7:00 pm starting at SHP Wellness Center and Thursday mornings at 7:00 am starting at selected trails around the county. Times may be subject to change.