

MARCH INTO WELL-BEING CHALLENGE

SilverSneakers **LIVE**

Check off each day to celebrate your progress and stay on track.

March with us on SilverSneakers LIVE – Walk Strong, Walking for Wellness, and Power Your Walk.

Each day write down the class taken, distance walked or number of steps completed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <input type="checkbox"/> Walk
2 <input type="checkbox"/> Walk	3 <input type="checkbox"/> Walk	4 <input type="checkbox"/> Walk	5 <input type="checkbox"/> Walk	6 <input type="checkbox"/> Walk	7 <input type="checkbox"/> Walk	8 <input type="checkbox"/> Walk
9 <input type="checkbox"/> Walk	10 <input type="checkbox"/> Walk	11 <input type="checkbox"/> Walk	12 <input type="checkbox"/> Walk	13 <input type="checkbox"/> Walk	14 <input type="checkbox"/> Walk	15 <input type="checkbox"/> Walk
16 <input type="checkbox"/> Walk	17 <input type="checkbox"/> Walk	18 <input type="checkbox"/> Walk	19 <input type="checkbox"/> Walk	20 <input type="checkbox"/> Walk	21 <input type="checkbox"/> Walk	22 <input type="checkbox"/> Walk
23 <input type="checkbox"/> Walk	24 <input type="checkbox"/> Walk	25 <input type="checkbox"/> Walk	26 <input type="checkbox"/> Walk	27 <input type="checkbox"/> Walk	28 <input type="checkbox"/> Walk	29 <input type="checkbox"/> Walk
30 <input type="checkbox"/> Walk	31 March into Well-being Challenge Celebration: 4:00 pm ET					

SilverSneakers.com/LIVE

