






Walktober

CALENDAR CHALLENGE

Do these fun challenges as part of a daily walk. Mark the calendar every day you complete a new challenge!

WALKING IDEAS

1. Wave to a friend/neighbour
2. Skip rope or hula hoop
3. Go for a walk/roll with a family member or a furry friend
4. Grab some chalk and leave kind messages
5. Take out a library book
6. Collect leaves to make art or leaf rubbings
7. Sing or hum a song
8. Stop by a local landmark or store
9. Count the number of trees on your block
10. Power-walk or jog for a few blocks
11. Skip or hop for a block
12. Dance your walk
13. Read a nature poem before leaving home
14. Create a recycled bird feeder to leave on your walking route
15. Learn about the Air Quality Health Index and check it before your walk

SUN	MON	TUE	WED	THU	FRI	SAT
					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	