

BLACK WOMEN LOSING WEIGHT – MAY 2019 21 DAY BRISK WALKING CHALLENGE



Thank you so much for joining our **21 Day Brisk Walking Challenge**. This is a very straight forward, yet powerful, challenge. Make a commitment to walk briskly for **at least** 30 minutes per day until you reach 21 days. This self-guided challenge starts on May 1st.

You'll find your 21 Day tracking calendar below. Each day, we are suggesting a minimum - maximum step range, but you can also create your own goals based on steps, distance, time etc. Work at your own pace and do what works for **your** fitness level. This isn't a competition and it's not about perfection. It's about challenging yourself to do the work.

Tracking your steps: You will need a [fitness tracker](#) (Fitbit, Garmin, etc), [pedometer](#) or a mobile app that tracks your steps via your phone for this challenge. Pacer, iHealth and SHealth are some of the free mobile apps available.

Check-in Every Day and Stay Accountable: Visit our [Facebook page](#) or [Instagram](#) account for check-in posts every evening, May 1 thru May 21st. Tell us about how much you've walked and your progress for the month of May.

Clean Eating for Wellness and Weight Loss

A Quick Guide to Eating Clean

By Ebony Ajime Jackson



Need suggestions on what to eat during this challenge?

Eat as CLEAN as possible this month. Cut back on junk food, soda, fast food, sugary foods, etc., and eat more whole foods. You'll have a better chance of seeing results on the scale and you may have more energy during your walks. If you'd like to learn more about Clean Eating, read our [helpful E-Book, "Clean Eating for Wellness and Weight Loss"](#).

Disclaimer* Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. If you have injuries that could be worsened, are pregnant, have knee issues, or are suffering neck and back pain, you should speak with a professional trainer about what workouts would be best for you. Do not attempt if you have current injuries, past surgeries or other physical issues/health issues that could be affected by exercise. Do not attempt if you are pregnant or could become pregnant. Don't

Don't forget to check out [this month's DietBet!](#) Lose to Win - \$30 Bet



MAY 2019 – 21 DAY BRISK WALKING CHALLENGE

This month's goal is super simple: Make a commitment to walk briskly for **at least 30 minutes a day, 5 days a week until you reach 21 days.**

Day 1 **Step Goal:** 3500 to 5000 | Advanced 5000-8000

DATE STEP TOTAL/TIME TOTAL

Day 2 **Step Goal:** 4000 to 5500 | Advanced 6000-8500

DATE STEP TOTAL/TIME TOTAL

Day 3 **Step Goal** 4250 to 6000 | Advanced 6500-8500

DATE STEP TOTAL/TIME TOTAL

Day 4 **Step Goal:** 4500 to 6500 | Advanced 7000-9000

DATE STEP TOTAL/TIME TOTAL

Day 5 **Step Goal:** 4750 to 7000 | Advanced 7500-9000

DATE STEP TOTAL/TIME TOTAL

Day 6 **Step Goal:** 5000 to 7500 | Advanced 8000-10,000

DATE STEP TOTAL/TIME TOTAL

Day 7 **Step Goal:** 5000 to 8000 | Advanced 8000-10,500

DATE STEP TOTAL/TIME TOTAL

Day 8 **Step Goal:** 5250 to 9500 | Advanced 8500-10,500

DATE STEP TOTAL/TIME TOTAL

Day 9 **Step Goal:** 5500 to 9500 | Advanced 9000-11,000

DATE STEP TOTAL/TIME TOTAL

Day 10 **Step Goal:** 6000 to 9500 | Advanced 9500-11,000

DATE STEP TOTAL/TIME TOTAL

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Day 11 Step Goal: 6000 to 10,000 Advanced 10,000-11,500		
DATE	STEP TOTAL/TIME TOTAL	
Day 12 Step Goal: 6250 to 10,500 Advanced 10,500-11,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 13 Step Goal: 6500 to 10,500 Advanced 10,500-12,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 14 Step Goal: 7000 to 11,000 Advanced 10,500-12,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 15 Step Goal: 7250 to 11,000 Advanced 11,000-13,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 16 Step Goal: 7500 to 11,500 Advanced 11,000-13,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 17 Step Goal: 7750 to 11,500 Advanced 11,500-13,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 18 Step Goal: 8000 to 12,000 Advanced 12,000-14,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 19 Step Goal: 8250 to 12,000 Advanced 12,500-14,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 20 Step Goal: 8500 to 12,500 Advanced 12,500-14,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 21 Step Goal: 9000 to 13,000 Advanced 13,000-15,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	

YOU DID IT!!!! Thank you for joining [BWLW](#)'s May Challenge!!

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