

BWLW'S 21 DAY Brisk Walking Challenge

@BlackWomenLosingWeight - BlackWeightLossSuccess.com

DAY 1 <input type="checkbox"/> Miles/Steps	DAY 2 <input type="checkbox"/> Miles/Steps	DAY 3 <input type="checkbox"/> Miles/Steps	DAY 4 <input type="checkbox"/> Miles/Steps	DAY 5 <input type="checkbox"/> Miles/Steps
DAY 6 <input type="checkbox"/> Miles/Steps	DAY 7 <input type="checkbox"/> Miles/Steps	DAY 8 <input type="checkbox"/> Miles/Steps	DAY 9 <input type="checkbox"/> Miles/Steps	DAY 10 <input type="checkbox"/> Miles/Steps
DAY 11 <input type="checkbox"/> Miles/Steps	DAY 12 <input type="checkbox"/> Miles/Steps	DAY 13 <input type="checkbox"/> Miles/Steps	DAY 14 <input type="checkbox"/> Miles/Steps	DAY 15 <input type="checkbox"/> Miles/Steps
DAY 16 <input type="checkbox"/> Miles/Steps	DAY 17 <input type="checkbox"/> Miles/Steps	DAY 18 <input type="checkbox"/> Miles/Steps	DAY 19 <input type="checkbox"/> Miles/Steps	DAY 20 <input type="checkbox"/> Miles/Steps
DAY 21 <input type="checkbox"/> Miles/Steps	Make a commitment for 21 days to eat healthier and walk briskly for at least 30 minutes, at least 5 days per week until you reach 21 days.			