

20TH ANNIVERSARY

walk[®]CHALLENGE



In honor of Walk with a Doc's 20th anniversary on April 9, 2025, we challenge you to take a dedicated walk for at least 20 minutes every day in April! Receive one raffle ticket for each day that you take a walk for at least 20 minutes. Submit your final results at walkwithadoc.org/20years by **May 5, 2025** for a chance to win a free pair of Altra shoes from Fleet Feet.

APRIL 1	APRIL 2	APRIL 3	APRIL 4	APRIL 5
I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes
APRIL 6	APRIL 7	APRIL 8	APRIL 9	APRIL 10
I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes
APRIL 11	APRIL 12	APRIL 13	APRIL 14	APRIL 15
I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes
APRIL 16	APRIL 17	APRIL 18	APRIL 19	APRIL 20
I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes
APRIL 21	APRIL 22	APRIL 23	APRIL 24	APRIL 25
I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes
APRIL 26	APRIL 27	APRIL 28	APRIL 29	APRIL 30
I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes	I walked for _____ minutes

Total TIME WALKED IN APRIL: _____ minutes