



TRAILBLAZERS WEEKLY CHECKLIST

MONDAY

- Walk
- Water

TUESDAY

- Walk
- Water

WEDNESDAY

- Walk
- Water

THURSDAY

- Walk
- Water
- Facebook Health Challenge

FRIDAY

- Walk
- Water

SATURDAY

- Walk
- Water
- Watch
- Share

SUNDAY

- Walk
- Water
- Submit Form at

walkwithadoc.org/trailblazer

PERSONAL GOAL FOR THE WEEK

GET SOCIAL!

- Post in the Trailblazer Facebook Group