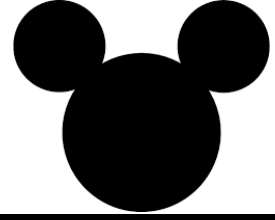


# Disney Fit in 30 Days

## 22,500 steps goal



<i>Day 1</i> Outdoor Walk 2 miles 10,000 steps	<i>Day 2</i> 30 Mins Stretching 10,000 steps	<i>Day 3</i> Stairsk 2 miles 10,000 steps	<i>Day 4</i> 30 Mins Stretching 10,000 steps	<i>Day 5</i> Outdoor Walk 2 miles 10,000 steps
<i>Day 6</i> Outdoor Walk 3 miles 12,500 steps	<i>Day 7</i> 30 Mins Stretching 12,500 steps	<i>Day 8</i> Stairs 3 miles 12,500 steps	<i>Day 9</i> 30 Mins Stretching 12,500 steps	<i>Day 10</i> Outdoor Walk 3 miles 12,500 steps
<i>Day 11</i> Outdoor Walk 4 miles 15,000 steps	<i>Day 12</i> 30 Mins Stretching 15,000 steps	<i>Day 13</i> Stairs 4 miles 15,000 steps	<i>Day 14</i> 30 Mins Stretching 15,000 steps	<i>Day 15</i> Outdoor Walk 4 miles 15,000 steps
<i>Day 16</i> Outdoor Walk 5 miles 17,500 steps	<i>Day 17</i> 30 Mins Stretching 17,500 steps	<i>Day 18</i> Stairs 5 miles 17,500 steps	<i>Day 19</i> 30 Mins Stretching 17,500 steps	<i>Day 20</i> Outdoor Walk 5 miles 17,500 steps
<i>Day 21</i> Outdoor Walk 6 miles 20,000 steps	<i>Day 22</i> 30 Mins Stretching 20,000 steps	<i>Day 23</i> Stairs 6 miles 20,000 steps	<i>Day 24</i> 30 Mins Stretching 20,000 steps	<i>Day 25</i> Outdoor Walk 6 miles 20,000 steps
<i>Day 26</i> Outdoor Walk 7 miles 22,500 steps	<i>Day 27</i> 30 Mins Stretching 22,500 steps	<i>Day 28</i> Stairs 7 miles 22,500 steps	<i>Day 29</i> 30 Mins Stretching 22,500 steps	<i>Day 30</i> Outdoor Walk 7 miles 22,500 steps