

30-DAY JUMP- START



Welcome to GirlTrek's 30-Day Jumpstart Challenge! Can you complete 21 Treks in 30 days? Thousands of Black women have already done it and changed their lives. Now it's your turn!

RULES TO THE GAME!

1. GirlTrek is totally free and so is this challenge! Just print it off or save a digital copy. Make sure to put your start date. You have 30 days from that date to complete the challenge!
2. A "Trek" aka a walk at GirlTrek is at least 30 minutes in sneakers. It should be intentional.
3. No double dipping! You can only check off one Trek per day.
4. Inspire others! Share your daily Treks on social media using #GirlTrek
5. Once you've succeeded go to GirlTrek.org to claim your victory.

NAME: _____
START DATE: _____

ADVENTURE WALKS

- along a river
- across a bridge
- on a beach
- on a wooded trail
- in a city, state or local park
- in a national park
- to a tourist site
- to a cultural landmark

ACTIVISM WALKS

- to a protest or march
- to a black owned business
- to serve my community
- to support a local cause
- in a juneteenth parade
- to vote or register others to vote
- in a black neighborhood

LIFESTYLE WALKS

- to the grocery store
- to the post office
- with co-workers
- with a friend
- across town
- at sunrise
- after a big meal
- at sunset
- to get dessert
- to window shop
- to pick up litter
- to run an errand
- to visit a neighborhood
- on a date
- instead of watching tv
- to the salon
- with a family member
- to wind down or relax

FITNESS WALKS

- to the end of your block
- around your block
- around your block twice
- as fast as you can, power walk
- 1 mile in 20 minutes or less
- 1 mile in 15 minutes or less
- 2 miles in 40 minutes or less
- 2 miles in 30 minutes or less
- 3.1 miles, that's a 5k
- 4 miles in 1 hour or less
- 6.21 miles, that's a 10k!
- to take a "sweaty selfie!"
- to earn a "girltrek glow"
- in a pair of supportive sneakers
- in a "superhero blue" girltrek shirt
- in a race or charity walk
- 4 laps around your track, that's a mile!

EMOTIONAL HEALING WALKS

- to celebrate good news
- to clear my head
- after a long day
- after a tough conversation
- in silence
- to pray or meditate
- to listen to music
- when I feel thankful
- when I feel joyful
- because I feel angry
- when i feel calm
- because I feel stuck
- because i feel sad
- because i feel alone
- because i feel angry
- to forgive myself or someone
- to remember that i am awesome

STEP 1: SAVE!

STEP 2: WALK!

STEP 3: SHARE!

STEP 4: CELEBRATE!

