

THE SELF-CARE SCAVENGER HUNT

THE 30-DAY JUMPSTART: CAN YOU COMPLETE 21 WALKS IN 30 DAYS?

Set your start date:



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This is a jumpstart to your health journey. Thousands of Black women have already done it and changed their lives. Now it's your turn!

The Mission: Welcome to GirlTrek, the largest movement for Black women's health on the planet. Pack your rucksack, we are going on a new adventure. It's called a Self-Care Scavenger Hunt!

Rules to the game!

1. You have **30 days** from today to complete the challenge!
2. **Get Free:** Use the free space to start. Open your front door and walk in any direction for just 15 minutes out and back home! Congratulations! You've completed your first walk.
3. A "trek" is a **30-minute walk** in sneakers. It should be intentional. No double dipping! You can only check off one trek per day.
4. Print this page and **X out 20 more walks as you explore.**
5. When you complete your **first 5 treks**, tell us at GirlTrek.org/claim-the-victory. We will mail you a free team t-shirt, one time only, while supplies last.
6. **Testify!** Share your daily treks on social media using #GirlTrek
7. **Finish 21 walks!?** High-five! You've succeeded at establishing a life-saving habit of daily walking. Claim your victory at GirlTrek.org and we will mail you a pair of golden shoelaces.

Ready to start? Use the S.T.E.P.S. below to transform your life.

S	T	E	P	S
Self-Care: Wherever you go, there you are. Consider these healing activities on your walk...	Treasures: Let's document the true story, walk near landmarks and share pictures #GirlTrek	Environments: Find and photograph these delightful places on your walk.	People: On your walk, greet and take a picture with these people.	Services: What health services are in walking distance of your home? Let's see.
walk slowly, for peace	a historic landmark in Black History	a body of water	a neighbor	buy fresh fruit or vegetables
walk fast, for pace	a positive statue, not war or slavery	a sunrise or sunset	a friend	attend a fitness class
listen to nature	the oldest Black business	free space	a family member	take your blood pressure
give a hug or get a hug	the most famous spot near you	a dirt road or wild flowers	someone you love	get your nails or hair done
have a solo picnic	a street named after a Black woman	a sanctuary for birds or butterflies	a hero	have a healthy meal