

## WALK IT OUT – SPRING 2022 LOG

The spring season runs from Tuesday, April 19<sup>th</sup> through the end of July. Complete an average of two fifteen-minute walks each week and log them on the calendars below. At the end of the season, send your log to [umkchr@umkc.edu](mailto:umkchr@umkc.edu) for a chance to be entered to win a \$100 gift card for new walking shoes or fitness gear!

<b>2022 APRIL</b>							<b>2022 MAY</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31	1	2	3	4
1	2	3	4	5	6	7	5	6	7	8	9	10	11

  

<b>2022 JUNE</b>							<b>2022 JULY</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4	26	27	28	29	30	1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30	1	2	24	25	26	27	28	29	30
3	4	5	6	7	8	9	31	1	2	3	4	5	6

As you “Walk It Out!”, remember to:

- Stay hydrated.
- Stretch before and after walking.
  - Have fun!