

BLACK WOMEN LOSING WEIGHT – SEPTEMBER 2018 21 DAY BRISK WALKING CHALLENGE



Thank you so much for joining our **September Challenge**. This is a very straight forward, yet powerful, challenge. Make a commitment to walk briskly for **at least** 5 days per week for 30 minutes per day until you reach 21 days.

You'll find a 21 Day tracking calendar below. Each day, we are suggesting a minimum - maximum step range, but you can also create your own goals based on steps, distance, time etc. Work at your own pace and do what works for **your** fitness level. This isn't a competition and it's not about perfection. It's about challenging yourself to do the work.

Tracking your steps: You will need a [fitness tracker](#) (Fitbit, Garmin, etc), [pedometer](#) or a mobile app that tracks your steps via your phone for this challenge. Pacer, iHealth and SHealth are some of the free mobile apps available.

Stay Accountable: Visit our [Facebook page](#) or [Instagram](#) account for check-in posts every evening, Sept 1-21. Tell us about your walks and your progress.

Recommended Reading:

- [The Whole30: The 30-Day Guide to Total Health and Food Freedom](#) - If you would like an eating guide during this challenge, I suggest that you consider this book.
- [Life is Hard, Food is Easy: The 5-Step Plan to Overcome Emotional Eating and Lose Weight on Any Diet](#) - This is a great book for anyone struggling with emotional eating or stress eating.

Eat as CLEAN as possible this month. Cut back on junk food, soda, fast food, sugary foods, etc., and eat more whole foods. You'll have a better chance of seeing results on the scale and you may have more energy during your walks. If you'd like to learn more about Clean Eating, read our [helpful E-Book, "Clean Eating for Wellness and Weight Loss"](#).

Disclaimer* Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. If you have injuries that could be worsened, are pregnant, have knee issues, or are suffering neck and back pain, you should speak with a professional trainer about what workouts would be best for you. Do not attempt if you have current injuries, past surgeries or other physical issues/health issues that could be affected by exercise.

Don't forget to check out [this month's DietBet!](#) Lose to Win - \$30 Bet



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This month's goal is super simple: Make a commitment to walk briskly for **at least 30** minutes a day, 5 days a week until you reach 21 days.

Day 1 **Step Goal:** 2500 to 5000 | Advanced 5000-8000

DATE STEP TOTAL/TIME TOTAL

Day 2 **Step Goal:** 3000 to 5500 | Advanced 6000-8500

DATE STEP TOTAL/TIME TOTAL

Day 3 **Step Goal:** 3250 to 6000 | Advanced 6500-8500

DATE STEP TOTAL/TIME TOTAL

Day 4 **Step Goal:** 3500 to 6500 | Advanced 7000-9000

DATE STEP TOTAL/TIME TOTAL

Day 5 **Step Goal:** 3750 to 7000 | Advanced 7500-9000

DATE STEP TOTAL/TIME TOTAL

Day 6 **Step Goal:** 4000 to 7500 | Advanced 8000-10,000

DATE STEP TOTAL/TIME TOTAL

Day 7 **Step Goal:** 4000 to 8000 | Advanced 8000-10,500

DATE STEP TOTAL/TIME TOTAL

Day 8 **Step Goal:** 4250 to 9500 | Advanced 8500-10,500

DATE STEP TOTAL/TIME TOTAL

Day 9 **Step Goal:** 4500 to 9500 | Advanced 9000-11,000

DATE STEP TOTAL/TIME TOTAL

Day 10 **Step Goal:** 5000 to 9500 | Advanced 9500-11,000

DATE STEP TOTAL/TIME TOTAL

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Day 11 Step Goal: 5000 to 10,000 Advanced 10,000-11,500		
DATE	STEP TOTAL/TIME TOTAL	
Day 12 Step Goal: 5250 to 10,500 Advanced 10,500-11,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 13 Step Goal: 5500 to 10,500 Advanced 10,500-12,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 14 Step Goal: 6000 to 11,000 Advanced 10,500-12,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 15 Step Goal: 6250 to 11,000 Advanced 11,000-13,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 16 Step Goal: 6500 to 11,500 Advanced 11,000-13,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 17 Step Goal: 6750 to 12,000 Advanced 11,500-13,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 18 Step Goal: 7000 to 12,000 Advanced 12,000-14,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 19 Step Goal: 7250 to 12,500 Advanced 12,500-14,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 20 Step Goal: 7500 to 13,000 Advanced 12,500-14,500		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	
Day 21 Step Goal: 8000 to 13,500 Advanced 13,000-15,000		<input type="checkbox"/>
DATE	STEP TOTAL/TIME TOTAL	

YOU DID IT!!!! Thank you for joining [BWLW](#)'s September Challenge!!

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