

February 20th-March 20th

Use the hashtag #stepwithit on social media

Print off this calendar to log steps and participate in the activities!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			20 walk & pray	21 try snowshoeing/ skiing	22	23 go sledding
24 walk & pray	25 build a snowman	26	27 post your weekly steps!	28 walk & pray	1 take a funny picture	2
3 go hiking	4	5 walk in a different town	6 post your weekly steps!	7 do yoga	8	9 walk & pray
10	11 do an online workout	12	13 post your weekly steps!	14 walk & pray	15	16 walk with someone
17 walk & pray	18	19 laps before lattes*	20 first day of Spring! post your weekly steps!			

*Walk with a friend and then go for coffee.

