

Walk with me in June!

| June 2017 | | | | | | |
|------------------------------------|--------|---------|---|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Goal - minimum 3 times per week | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 Kick-off @Prairie Rehab! | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 Father's Day | 19 | 20 | 21 *Luverne Area Aquatics and Fitness | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | |

June 21 - Luverne Area Aquatics & Fitness @ 802 Blue Mound Ave.

Walk with me in July!

| July 2017 | | | | | | |
|---------------------------------|--------|-----------------------|--------------------------------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Goal - Walking 5 days per week. | | | | | | 1 |
| 2 | 3 | 4 Independence Day | 5 * City Park | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 * Sanford Medical Center | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

* City Park - meet at shelter just west of main entrance and bathrooms.

* Sanford Medical Center - meet on west side in "Rehab" Parking Lot

Walk with me in August!

| August 2017 | | | | | | |
|-------------------------------|--------|---------|---|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | 1 | 2 * Luverne High School Track | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 * Loop Phase 1 + meet on gravel west of bus barn | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 * Summer Finale at Prairie Rehab | 31 | | |
| Goal- walking 5 days per week | | | | | | |

+ plus challenges!