## $\frac{y}{2}$

## UW WALK WEEK 2023 UW Bothell

Walk at least 30 minutes each day this week and use the following tracker to record your progress! Break up your thirty minutes throughout the day or get it in all at once.


Mon June 5

| 5 | 10 | 15 | 20 | 25 | 30 |
| :--- | :--- | :--- | :--- | :--- | :--- |

Tue June 6

| 5 | 10 | 15 | 20 | 25 | 30 |
| :--- | :--- | :--- | :--- | :--- | :--- |

Thurs June 8


Wed June 7

| 5 | 10 | 15 | 20 | 25 | 30 |
| :--- | :--- | :--- | :--- | :--- | :--- | Fri June 9


| 5 | 10 | 15 | 20 | 25 | 30 |
| :--- | :--- | :--- | :--- | :--- | :--- |

## WALKING ROUTES

Switch up your typical route by walking the following 2-mile loop!


