



# 1 Mile A Day Challenge

Kelly Schmidt  
WELLNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile
<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile
<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile
<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile
<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<input type="checkbox"/> Run 1 Mile OR <input type="checkbox"/> Walk 1 Mile	<p>"Good, better, best. Never let it rest. 'Til your good is better and your better is best." - St. Jerome</p>				

Learn more about Kel's monthly membership.  
<https://www.kellyschmidtwellness.com/new-ksw-membership/>