

تحدي 21 يوم

يلا نمشي

Walking  
Challenge

# تحدي 21 يوم - يلا نمشي

## 21 Days

### Walking Challenge

<b>1</b> Start Walking	<b>2</b> Short Walk	<b>3</b> Short Walk
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>4</b> Step it Up	<b>5</b> Relaxed Walk	<b>6</b> Step it Up
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>7</b> Push Yourself	<b>8</b> Relaxed Walk	<b>9</b> Short Walk
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>10</b> Step it Up	<b>11</b> Halfway there	<b>12</b> Relaxed Walk
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>13</b> Step it Up	<b>14</b> You've Got this	<b>15</b> Keep on Going
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>16</b> Push Yourself	<b>17</b> Short Walk	<b>18</b> Relaxed Walk
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>19</b> Short Walk	<b>20</b> Almost There	<b>21</b> YOU DID IT
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min

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21 Days  
Walking Challenge

<b>1</b> Start Walking	<b>2</b> Short Walk	<b>3</b> Short Walk
2-5 Mins # of Steps 580	2-5 Mins # of Steps 405	2-5 Mins # of Steps 450
Finish Daily Walking Min 5 mins	Finish Daily Walking Min 4 mins	Finish Daily Walking Min 4.5 mins
<b>4</b> Step it Up	<b>5</b> Relaxed Walk	<b>6</b> Step it Up
2-5 Mins # of Steps 620	2-5 Mins # of Steps 510	2-5 Mins # of Steps 645
Finish Daily Walking Min 5 mins	Finish Daily Walking Min 4 mins	Finish Daily Walking Min 5 mins
<b>7</b> Push Yourself	<b>8</b> Relaxed Walk	<b>9</b> Short Walk
2-5 Mins # of Steps 632	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min 5 mins	Finish Daily Walking Min	Finish Daily Walking Min
<b>10</b> Step it Up	<b>11</b> Halfway there	<b>12</b> Relaxed Walk
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>13</b> Step it Up	<b>14</b> You've Got this	<b>15</b> Keep on Going
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>16</b> Push Yourself	<b>17</b> Short Walk	<b>18</b> Relaxed Walk
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min
<b>19</b> Short Walk	<b>20</b> Almost There	<b>21</b> YOU DID IT
2-5 Mins # of Steps	2-5 Mins # of Steps	2-5 Mins # of Steps
Finish Daily Walking Min	Finish Daily Walking Min	Finish Daily Walking Min

**\*\* في أي وقت اشعري بحرية للتواصل معنا عبر صفحاتنا**

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