



I am committing to #walkthankful 30 times in November. My walks can be any length or any pace. As I walk, my only goal is to think of one thing I'm thankful for and share it somewhere or with someone. Here is my checklist and some prompts to ponder while I walk:

Walk 1: Fave Place

Walk 2: Friend

Walk 3: Feet & Shoes

Walk 4: Love

Walk 5: Head & Hats

Walk 6: Motivation

Walk 7: Kindness

Walk 8: Smile

Walk 9: Small

Walk 10: Color

Walk 11: Silly

Walk 12: Drink

Walk 13: Belly

Walk 14: Reach Out

Walk 15: Tradition

Walk 16: Legs

Walk 17: Tag Along

Walk 18: Strength

Walk 19: Light

Walk 20: Weather

Walk 21: Breath

Walk 22: Food

Walk 23: Hands

Walk 24: Socks

Walk 25: Thanks

Walk 26: Invitation

Walk 27: Clothing

Walk 28: Decoration

Walk 29: Peace

Walk 30: Satisfied

Thanks for joining #WalkThankful Challenge with Beth Learn of Fit2b.com where you'll find home workout videos and resources specializing in women's fitness. Don't miss our Black Friday Sale!

