
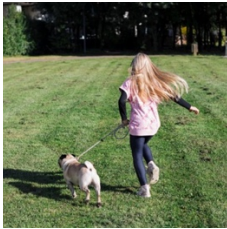




## Walking the Dog

Week 1			
Activity	How many or how long	How many days	Instructions
Walk the dog 	20 minutes	Total for the week	If you don't have a dog, ask a neighbor or a friend if you can help them walk their dog this week. You can do the 20 minutes all at once, or add up the time from different days.

Week 2			
Activity	How many or how long	How many days	Instructions
Walk the dog 	25 minutes	Total for the week	Take yours or your friend's dog for a walk for 25 minutes this week. You can do the 25 minutes all at once, or add up the time from different days.

## Walking the Dog

Week 3			
Activity	How many or how long	How many days	Instructions
Walk the dog 	30 minutes	Total for the week	Take yours or your friend's dog for a walk for 30 minutes this week. You can do the 30 minutes all at once, or add up the time from different days.

Week 4			
Activity	How many or how long	How many days	Instructions
Walk the dog 	60 minutes	Total for the week	Take the dog out for a walk for 60 minutes this week. You can do the 20 minutes all at once, or add up the time from different days.