



**30
DAY**

Fitness CHALLENGE

July 1 - July 31

The goal is to move a total of 30 miles over a 30 day period.

Hopefully moving forward in more ways than one over the time span and potentially doing more than one form of exercise each day.

Follow the link below for the calendar. On the calendar there is a space to fill out how many miles you walked, ran, biked, swam, or skated with an area right below that to track your total daily miles, taking 1 day off every 3 days

[HTTP://PADUCAHKY.GOV/DISTANCE-RECREATION](http://paducahky.gov/distance-recreation)



PADUCAH PARKS & RECREATION
ALWAYS SOMETHING TO DO!

