



Tycor Turkey Trot Challenge



SUNDAY	2 WALK OR JOG 10 MINUTES OR 1000 STEPS	3 WALK OR JOG 10 MINUTES OR 1000 STEPS	4 WALK OR JOG 10 MINUTES OR 1000 STEPS	5 REST	6 WALK OR JOG 10 MINUTES OR 1000 STEPS	SATURDAY
SUNDAY	9 WALK OR JOG 15 MINUTES OR 1500 STEPS	10 WALK OR JOG 15 MINUTES OR 1500 STEPS	11 REST	12 WALK OR JOG 15 MINUTES OR 1500 STEPS	13 WALK OR JOG 15 MINUTES OR 1500 STEPS	SATURDAY
SUNDAY	16 WALK OR JOG 20 MINUTES OR 2000 STEPS	17 REST	18 WALK OR JOG 20 MINUTES OR 2000 STEPS	19 WALK OR JOG 20 MINUTES OR 2000 STEPS	20 WALK OR JOG 20 MINUTES OR 2000 STEPS	SATURDAY
SUNDAY	23 REST	24 WALK OR JOG 25 MINUTES OR 2500 STEPS	25 WALK OR JOG 30 MINUTES OR 3000 STEPS	26 TURKEY DAY! WALK OR JOG 35 MINUTES OR 3500 STEPS <i>(fyi: this is about the equivalent of a 5K)</i>	27 WALK OR JOG 25 MINUTES OR 2500 STEPS	SATURDAY
SUNDAY	30 WALK 30 MINUTES OR 3000 STEPS					SATURDAY