



During an active 20-minute walk you will cover roughly one mile, so it will take roughly around 33 hours of walking through the month of October to reach your goal of 100 miles. This works out to just over an hour a day, which you can do as one walk if your dog is active and used to higher levels of exercise, or taken as smaller walks of 30 minutes two or three times per day.



SUNDAY 1 Minutes Miles	MONDAY 2 Minutes Miles	TUESDAY 3 Minutes Miles	WEDNESDAY 4 Minutes Miles	THURSDAY 5 Minutes Miles	FRIDAY 6 Minutes Miles	SATURDAY 7 Minutes Miles
SUNDAY 8 Minutes Miles	MONDAY 9 Minutes Miles	TUESDAY 10 Minutes Miles	WEDNESDAY 11 Minutes Miles	THURSDAY 12 Minutes Miles	FRIDAY 13 Minutes Miles	SATURDAY 14 Minutes Miles
SUNDAY 15 Minutes Miles	MONDAY 16 Minutes Miles	TUESDAY 17 Minutes Miles	WEDNESDAY 18 Minutes Miles	THURSDAY 19 Minutes Miles	FRIDAY 20 Minutes Miles	SATURDAY 21 Minutes Miles
SUNDAY 22 Minutes Miles	MONDAY 23 Minutes Miles	TUESDAY 24 Minutes Miles	WEDNESDAY 25 Minutes Miles	THURSDAY 26 Minutes Miles	FRIDAY 27 Minutes Miles	SATURDAY 28 Minutes Miles
SUNDAY 29 Minutes Miles	MONDAY 30 Minutes Miles	TUESDAY 31 Minutes Miles				



**Take the lead for
pets in need!**