

31-Day Walking + Strength Training Plan



Day 1

☐ Upper Body

Day 2

☐ Walk

Day 3

☐ Lower Body

Day 4

☐ Walk

Day 5

☐ Upper Body

Day 6

☐ Walk

Day 7

☐ Lower Body

Day 8

☐ Walk

Day 9

☐ Upper Body

Day 10

☐ Lower Body

Day 11

☐ Walk

Day 12

☐ Lower Body

Day 13

☐ Upper Body

Day 14

☐ Walk

Day 15

☐ Upper Body

Day 16

☐ Lower Body

Day 17

☐ Upper Body

Day 18

☐ Lower Body

Day 19

☐ Walk

Day 20

☐ Walk

Day 21

☐ Upper & Lower Body

Day 22

☐ Walk

Day 23

☐ Upper & Lower Body

Day 24

☐ Walk

Day 25

☐ Walk

Day 26

☐ Upper & Lower Body

Day 27

☐ Walk

Day 28

☐ Upper & Lower Body

Day 29

☐ Walk

Day 30

☐ Upper & Lower Body

Day 31

☐ Walk

NON-SCALE VICTORIES:

☐ Drank 8 glasses of water a day

☐ Saved \$____ on takeout

☐ _____
☐ _____
☐ _____

Walking Workout Sat Practice Last 90 Days

CO Houle

A decorative graphic consisting of a light blue horizontal bar with a rounded right end, and a red circular shape with a gradient, partially overlapping the bar's end.

Walking Workout Sat Practice Last 90 Days:

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communications and a comprehensive program to decrypt the communications of our wartime allies He also dispels many of the myths about the SIS s influence on American foreign policy showing that the impact of special intelligence in the diplomatic sphere was limited by the indifference of the White House constraints within the program itself and rivalries with other agencies like the FBI Drawing upon military and intelligence archives interviews with retired and active cryptanalysts and over a million pages of cryptologic documents declassified in 1996 Alvarez illuminates this dark corner of intelligence history and expands our understanding of its role in and contributions to the American effort in World War II The

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Punch Henry Mayhew,Mark Lemon,Tom Taylor,Shirley Brooks,Francis Cowley Burnand,Owen Seaman,1862 **The Saturday Evening Post** ,1900 Journal of Education ,1882 **Glamour** ,1991

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