








Heart Walk

30 DAY EXPERIENCE

SUN	MON	TUE	WED	THU	FRI	SAT
			APRIL 21  Move More Activity Challenge	22 Download the Heart Walk App	23 Have Someone Pledge \$5 for Every Mile You Walk	24 Family Workout(s) with Kids
	← PHYSICAL ACTIVITY →					
25 Live Fierce: Do Something for YOUR Health	26 Try a New Food	27 Make Life More Colorful with Fruits & Vegetables	28 HEART WALK WEDNESDAY	29 Rethink Your Drink: Stay Hydrated	30 Say Yes to Health Say Yes to Saving Lives	MAY 1 Skip the Fast Food, Donate the Money You Saved to Your Fundraiser
	← HEALTHY EATING →					
2 Start a Gratitude Journal	3 Ask for Support: Have Your Family or Friends Donate to Your Goal	4 Try a Quick Meditation to Get Some Perspective	5 HEART WALK WEDNESDAY	6 Chill Out with Music Listen to the Heart Walk Playlist	7 Go on a Walk at One of the Heart Walk Trails	8 Love Yourself
	← MENTAL HEALTH & WELLBEING →					
9 Live Fierce: Be a Hero - Learn CPR & Save a Life	10 Call or Text Someone You are Thankful For	11 Make a Personal Donation in Honor of a Survivor	12 HEART WALK WEDNESDAY	13 Thankful for Our Healthcare Workers & Researchers	14 Tune in to Hear From the Featured Survivor	15 Share Your "Why" & Tag @AmericanHeartTX
	← SURVIVORS & TRIBUTE →					
16 Become a Top Walker Raise \$1,000	17  Move More Monday	18  Eat Smart: Healthy Tips Tuesday	19  Be Well Wednesday	20  Thankful Thursday TOP TEAMS ANNOUNCED	21  Finish Line Friday HEART WALK DAY	 American Heart Association. Heart Walk.
	← WEEK OF WELLNESS →					