WALKING CALENDAR

**WEEK 1**

**DAY 1**
Read more about 2 billion KM to safety and pair your fitness tracker here - stepwithrefugees.org/en-ph/

**DAY 2**
Start your routine by doing a morning/evening walk (20 minutes)

**DAY 3**
Read about Aliin's story to gain motivation - stepwithrefugees.org/en-ph/afis-story-aflower

**DAY 4**
Continue with a morning or evening walk (20 to 30 minutes)

**DAY 5**
Make plans to enjoy the weekend!

**DAY 6**
If you can, stretch your morning or evening walk (30 minutes)

**DAY 7**
Go out with friends or family to unwind

**TARGET END OF THE WEEK**
5km

**WEEK 2**

**DAY 1**
A brand new start to the week - take a timed slow jog to see how far you go (15 minutes)

**DAY 2**
Alternate your jog/walk regime by stretching in between days!

**DAY 3**
Head for a run in the morning/evening and time yourself (10 minutes)

**DAY 4**
Get involved with the bigger UNHCR community and like our Facebook and Instagram page

**DAY 5**
Morning or evening walk (20 minutes)

**DAY 6**
Strengthen your whole body - with push-ups, sit-ups and back raises.

**DAY 7**
Morning or evening walk (20 minutes)

**TARGET END OF THE WEEK**
8km

**WEEK 3**

**DAY 1**
Go for a gentle run (15 minutes)

**DAY 2**
Encountering side stitches? You can avoid them by not eating anything solid 2 hours before your run and only drink in small quantities.

**DAY 3**
Help spread the word of 2 billion KM to safety by asking your family and friends to pledge their miles.

**DAY 4**
Go as far as you can and aim for a morning/evening run (30 minutes)

**DAY 5**
Eat nutritious dense food such as vegetables and proteins and avoid excessive sugar in your diet.

**DAY 6**
Aim to run today! (20 minutes)

**DAY 7**
Make your runs social! Get a group together or join a local running club!

**TARGET END OF THE WEEK**
8km

**WEEK 4**

**DAY 1**
Read more about 2 billion KM to safety and pair your fitness tracker here - stepwithrefugees.org/en-ph/

**DAY 2**
Hamstring stretches not only helps you to build strength but also ward off injury. Incorporate some of them in your warm-ups in your next run!

**DAY 3**
Take a slow jog today! (30 minutes)

**DAY 4**
Start every run with 10 minutes of walking and slow running, and do the same to cool down.

**DAY 5**
Head out for a morning/evening run (40 minutes)

**DAY 6**
Create your own playlist to keep you motivated during your run

**DAY 7**
Congratulations! Look how far you have come! Take a further step to help the refugees by starting your own fundraiser or by donating to them.

**TARGET END OF THE WEEK**
9km