

girlTrek

JUMP-START REMIX



TREKKING AND CROSS TRAINING CHALLENGE



You did it! You joined GirlTrek. You smashed the 30-Day Jumpstart Walking Challenge. Now you're looking to step it up and go another round! Reeemix!!! This time, we challenge YOU to complete the "12 x 12 Remix" That's 12 treks from this next-level trek list PLUS 12 cross-training activities - biking, running, dance class, yoga, you name it! This is NOT easy, so get your mind right. lol

HOW IT WORKS :

1. GirlTrek is totally free and so is this challenge! Just print it off or save a digital copy. Make sure to put your start date. You have 30 days from that date to complete the challenge!
2. A "Trek" aka a walk at GirlTrek is at least 30 minutes in sneakers. It should be intentional.
3. Complete 12 of the listed treks and 12 cross-treks. use the blank space below to record your cross-treks.

FOLLOW @GIRLTREK FOR WEEKLY PLAYLIST AND DAILY INSPIRATION

TREK FOR SPEED

- trek a mile in 15 minutes
- trek a mile in 14 minutes
- trek a mile in 13 minutes
- trek a mile in 12 minutes

TREK TO CLIMB

- trek a trail with 300 feet of elevation gain
- trek a trail with 500 feet of elevation gain
- trek a trail with 800 feet of elevation gain
- trek to the top of a mountain

TREK FOR DISTANCE

- trek 5 miles without stopping
- trek 7 miles without stopping
- trek 10 miles without stopping
- trek 12 miles without stopping

TREK TO LEAD

- trek with a friend
- trek with a family member
- trek with a co-worker
- trek with your Crew

TREK TO BURN

- trek until you burn 300 calories
- trek until you burn 500 calories
- trek until you burn 700 calories
- trek until you are drenched in sweat!

TREK TO EXPLORE

- trek while out of town
- trek on a hike
- trek to a Black site of significance
- trek along a river, lake, or ocean

12 CROSS-TREKS

Use the space below to record your cross-treks. Feel free to pick your favs from this list, try them all or stick with one!

bike. run. yoga. weights. zumba. capoeira. karate. dance. kayak. swim. row. spin. aerobics, skate, surf, tennis, jump rope, soccer, softball, basketball, volleyball, snowboard, etc.

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____



NOT A TREK, BUT I TOOK 30 MINUTES FOR RADICAL SELF-CARE BY...

(prayer, meditation, rekei, acupuncture.etc.)

- _____
- _____
- _____
- _____
- _____

NAME: _____
START DATE: _____

CLAIM YOUR VICTORY

Once you complete this challenge you will earn a coveted pair of girlTrek's golden shoelaces.

SWEAT

JOY

ADVENTURE

