

31 minutes in May

I'm challenging myself to
31 minutes of exercise a
day for **31 days** in May.

Stroke
Association

Finding **strength**
through **support**

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Day 8		Day 9		Day 10		Day 11		Day 12		Day 13		Day 14	
Day 15		Day 16		Day 17		Day 18		Day 19		Day 20		Day 21	
Day 22		Day 23		Day 24		Day 25		Day 26		Day 27		Day 28	
Day 29		Day 30		Day 31		Congratulations			You've completed 31 minutes in May				