

CONFIDENTIAL 1.0

HARRIET'S HANDBOOK 1000 WALKS

TO LIBERATE
YOURSELF
+ SAVE
THE LIVES
OF THE
WOMEN
YOU LOVE

POWERED BY GIRLTREK



CARING FOR MYSELF IS NOT SELF-INDULGENCE; IT IS SELF-PRESERVATION. AND THAT IS AN ACT OF POLITICAL WARFARE

Audre Lorde

GirlTrek is the largest health movement for Black women in America. Co-Founded by two college friends - Morgan Dixon and Vanessa Garrison - our mission is to rally one million Black women to establish a life-saving habit of daily walking as a tribute to those who walked before us and as a radical act of self care. You are invited to join us.

THE TUBMAN DOCTRINE

Harriet Tubman was the baddest freedom fighter our country has ever seen and her life inspired a 4-step doctrine that we live by:

- 1 **Save your own life first:** Start now; Walk in the direction of your healthiest, most fulfilled life today and everyday. Never ask for permission for that.
- 2 **When you learn the way, come back for a sister:** Harriet rescued her family first. Then friends. Then neighbors. Can you get 10 women walk with you? S=Check the "We Win" Section for details.
- 3 **Rally your allies.** Ask for help. Ask the women who you love and trust to hold you accountable to this plan to walk for better health. We need co-conspirators in the healing and total liberation of our people.
- 4 **Find joy.** Harriet Tubman lived to be 91 years old because she lived life on her terms! Read all about her life story in this handbook.

WHY WE WALK:

Walking is the single most powerful thing a woman can do to improve her health. That matters because today - right now - Black women are dying younger and at higher rates than any other group of women from preventable chronic disease. Today 137 Black women are projected to die from heart disease alone. That's more than gun violence, cigarette smoking and HIV/AIDS combined and no one is talking about it! Well, we are! Beyond talking, we are walking for our lives! All across America, we walk to for total healing, to slow down in this crazy world, to meditate, pray, rejoice, worship and connect. We walk and talk to solve problems together - an army of freedom fighters - to honor the women who walked before us. This is our tradition.

RULES OF THE GAME:

GirlTrek is totally free. You can share this book with all the sisters you love. A walk at GirlTrek is at least 30 minutes in sneakers. It should be intentional. We ask that you only check off one walk from this handbook per day. If you complete 5 walks on this list, you earn your free team shirt! 20 walks, a pair of golden shoelaces. 100 walks? You're inducted into Harriet's Hall of Fame and receive a medal of honor. Full details in "We Win" Section

NUMBER OF WALKS COMPLETED:

*Auto-Calculates only if using electronic checkmarks in PDF)



"WE LOVE BECAUSE IT'S THE ONLY TRUE ADVENTURE." - NIKKI G.

EVERYDAY WALKS

PICTURED:

Poet Nikki Giovanni, 1973

I walked:

- | | | |
|---|--|--|
| <input type="checkbox"/> at dawn | <input type="checkbox"/> to run errands | <input type="checkbox"/> to clear my mind |
| <input type="checkbox"/> to watch a sunrise | <input type="checkbox"/> to the ATM | <input type="checkbox"/> to take a break |
| <input type="checkbox"/> to listen to birds | <input type="checkbox"/> across town | <input type="checkbox"/> because I've been sitting |
| <input type="checkbox"/> because I set my alarm early | <input type="checkbox"/> to grab breakfast | <input type="checkbox"/> to get some fresh air |
| <input type="checkbox"/> to school | <input type="checkbox"/> to pick up lunch | <input type="checkbox"/> in supportive sneakers |
| <input type="checkbox"/> to work | <input type="checkbox"/> to carry-out dinner | <input type="checkbox"/> because the sun is shining |
| <input type="checkbox"/> during a break | <input type="checkbox"/> to grab dessert | <input type="checkbox"/> to a neighborhood event |
| <input type="checkbox"/> as a "walking meeting" | <input type="checkbox"/> to eat out | <input type="checkbox"/> instead of watching TV |
| <input type="checkbox"/> with a co-worker | <input type="checkbox"/> after a home-cooked meal | <input type="checkbox"/> instead of sleeping in |
| <input type="checkbox"/> to focus my mind | <input type="checkbox"/> to drop the kids off | <input type="checkbox"/> instead of working overtime |
| <input type="checkbox"/> from work | <input type="checkbox"/> to pick up kids | <input type="checkbox"/> to process bad news |
| <input type="checkbox"/> to watch a sunset | <input type="checkbox"/> to walk a dog | <input type="checkbox"/> to celebrate good news |
| <input type="checkbox"/> to the post office | <input type="checkbox"/> to prune my garden | <input type="checkbox"/> before a hard conversation |
| <input type="checkbox"/> to the grocery store | <input type="checkbox"/> to mow my lawn | <input type="checkbox"/> after a hard conversation |
| <input type="checkbox"/> to window shop | <input type="checkbox"/> to pick up litter | <input type="checkbox"/> to express love |
| <input type="checkbox"/> to actually shop | <input type="checkbox"/> to your favorite playlist | <input type="checkbox"/> to call someone special |
| | <input type="checkbox"/> to listen to a podcast | <input type="checkbox"/> to slow my life down |



"THE TRIUMPH CAN'T BE HAD WITHOUT THE STRUGGLE." - WILMA RUDOLPH

PICTURED:

Wilma Rudolph winning 100-meter dash in 1960 Olympics

FITNESS WALKS

I walked:

- | | | |
|--|---|--|
| <input type="checkbox"/> To the end of the block | <input type="checkbox"/> 2 miles in 40 mins or less | <input type="checkbox"/> 4 miles in 1 hour |
| <input type="checkbox"/> Around the block | <input type="checkbox"/> 2 miles in 38 mins or less | <input type="checkbox"/> 4 miles in 1 hour |
| <input type="checkbox"/> Around the block 2x | <input type="checkbox"/> 2 miles in 36 mins or less | <input type="checkbox"/> 4 miles in 1 hour |
| <input type="checkbox"/> Around the block 3x | <input type="checkbox"/> 2 miles in 34 mins or less | <input type="checkbox"/> 4 miles in 1 hour |
| <input type="checkbox"/> Around the block 4x | <input type="checkbox"/> 2 miles in 32 mins or less | <input type="checkbox"/> 4 miles in 1 hour |
| <input type="checkbox"/> 1 mile or 4x around a track | <input type="checkbox"/> 2 miles in 30 mins or less | <input type="checkbox"/> 4 miles in 1 hour |
| <input type="checkbox"/> 1 mile at your own pace | <input type="checkbox"/> 3 miles in 60 mins or less | <input type="checkbox"/> 6.2 miles, that's a 10K! |
| <input type="checkbox"/> 1 mile in 20 mins or less | <input type="checkbox"/> 3 miles in 57 mins or less | <input type="checkbox"/> 7 miles at your own pace |
| <input type="checkbox"/> 1 mile in 19 mins or less | <input type="checkbox"/> 3 miles in 54 mins or less | <input type="checkbox"/> 8 miles at your own pace |
| <input type="checkbox"/> 1 mile in 18 mins or less | <input type="checkbox"/> 3 miles in 51 mins or less | <input type="checkbox"/> 9 miles at your own pace |
| <input type="checkbox"/> 1 mile in 17 mins or less | <input type="checkbox"/> 3 miles in 48 mins or less | <input type="checkbox"/> 10 miles at your own pace |
| <input type="checkbox"/> 1 mile in 16 mins or less | <input type="checkbox"/> 3.1 miles, that's a 5K! | <input type="checkbox"/> 5 miles in a steep climb |
| <input type="checkbox"/> 1 mile in 15 mins or less | <input type="checkbox"/> 4 miles in 1 hour 20 mins | <input type="checkbox"/> 6 miles in a steep climb |
| <input type="checkbox"/> 1 mile in 14 mins or less | <input type="checkbox"/> 4 miles in 1 hour 16 mins | <input type="checkbox"/> 7 miles in a steep climb |
| <input type="checkbox"/> 1 mile in 13 mins or less | <input type="checkbox"/> 4 miles in 1 hour 12 mins | <input type="checkbox"/> 7-mile climb with altitude |
| <input type="checkbox"/> 1 mile in 12 mins or less | <input type="checkbox"/> 4 miles in 1 hour 8 mins | <input type="checkbox"/> 7-mile hike with altitude at stressprotest.co |
| <input type="checkbox"/> 1 mile in 11 mins or less | <input type="checkbox"/> 4 miles in 1 hour 4 mins | |



"IF YOU WANT TO BE FLY YOU GOT TO GIVE UP THE SHIT THAT WEIGHS YOU DOWN." - TONI MORRISON

EMOTIONAL HEALING WALKS

I walked because I feel ...

PICTURED: Pearl Primus

- | | | | | | |
|---------------------------------------|--|--------------------------------------|--|---|--------------------------------------|
| <input type="checkbox"/> joyful | <input type="checkbox"/> relieved | <input type="checkbox"/> curious | <input type="checkbox"/> alarmed | <input type="checkbox"/> regretful | <input type="checkbox"/> annoyed |
| <input type="checkbox"/> cheerful | <input type="checkbox"/> hopeful | <input type="checkbox"/> eager | <input type="checkbox"/> shocked | <input type="checkbox"/> uncertain | <input type="checkbox"/> irritated |
| <input type="checkbox"/> content | <input type="checkbox"/> pleased | <input type="checkbox"/> grateful | <input type="checkbox"/> panicked | <input type="checkbox"/> disappointed | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> appreciated | <input type="checkbox"/> confident | <input type="checkbox"/> amazed | <input type="checkbox"/> afraid | <input type="checkbox"/> self-conscious | <input type="checkbox"/> resentful |
| <input type="checkbox"/> proud | <input type="checkbox"/> brave | <input type="checkbox"/> exhilarated | <input type="checkbox"/> horrified | <input type="checkbox"/> ashamed | <input type="checkbox"/> envious |
| <input type="checkbox"/> satisfied | <input type="checkbox"/> comfortable | <input type="checkbox"/> absorbed | <input type="checkbox"/> helpless | <input type="checkbox"/> embarrassed | <input type="checkbox"/> angry |
| <input type="checkbox"/> excited | <input type="checkbox"/> safe | <input type="checkbox"/> stunned | <input type="checkbox"/> powerless | <input type="checkbox"/> humiliated | <input type="checkbox"/> outraged |
| <input type="checkbox"/> amused | <input type="checkbox"/> caring | <input type="checkbox"/> confused | <input type="checkbox"/> suspicious | <input type="checkbox"/> disgraced | <input type="checkbox"/> hostile |
| <input type="checkbox"/> elated | <input type="checkbox"/> compassionate | <input type="checkbox"/> disoriented | <input type="checkbox"/> overwhelmed | <input type="checkbox"/> inferior | <input type="checkbox"/> bitter |
| <input type="checkbox"/> enthusiastic | <input type="checkbox"/> loving | <input type="checkbox"/> dismayed | <input type="checkbox"/> uncomfortable | <input type="checkbox"/> neglected | <input type="checkbox"/> hateful |
| <input type="checkbox"/> ecstatic | <input type="checkbox"/> tenderness | <input type="checkbox"/> fearful | <input type="checkbox"/> guilty | <input type="checkbox"/> rejected | <input type="checkbox"/> scornful |
| <input type="checkbox"/> optimistic | <input type="checkbox"/> attracted | <input type="checkbox"/> anxious | <input type="checkbox"/> hurt | <input type="checkbox"/> defeated | <input type="checkbox"/> vengeful |
| <input type="checkbox"/> happy | <input type="checkbox"/> aroused | <input type="checkbox"/> nervous | <input type="checkbox"/> lonely | <input type="checkbox"/> bored | <input type="checkbox"/> disliked |
| <input type="checkbox"/> delighted | <input type="checkbox"/> lusty | <input type="checkbox"/> worried | <input type="checkbox"/> melancholy | <input type="checkbox"/> restless | <input type="checkbox"/> alone |
| <input type="checkbox"/> calm | <input type="checkbox"/> infatuated | <input type="checkbox"/> scared | <input type="checkbox"/> depressed | <input type="checkbox"/> grief-stricken | <input type="checkbox"/> weary |
| <input type="checkbox"/> relaxed | <input type="checkbox"/> concerned | <input type="checkbox"/> insecure | <input type="checkbox"/> hopeless | <input type="checkbox"/> awkward | <input type="checkbox"/> indifferent |
| | <input type="checkbox"/> delighted | <input type="checkbox"/> rejected | <input type="checkbox"/> sad | <input type="checkbox"/> grumpy | <input type="checkbox"/> numb |



"FAITH WITHOUT WORKS IS DEAD" - JAMES 2:14-26

SPIRITUAL WALKS

PICTURED:

Unknown, Gullah Low Country, South, Carolina

I walked...

- | | | |
|--|--|---|
| <input type="checkbox"/> to count my blessings | <input type="checkbox"/> to pray for service workers | <input type="checkbox"/> along a river or ocean |
| <input type="checkbox"/> to tell someone thank you | <input type="checkbox"/> to pray for politicians | <input type="checkbox"/> to lay in the grass |
| <input type="checkbox"/> to tell God thank you | <input type="checkbox"/> to pray for the sick | <input type="checkbox"/> to watch a sunrise |
| <input type="checkbox"/> to rejoice | <input type="checkbox"/> to pray for the poor | <input type="checkbox"/> to watch a sunset |
| <input type="checkbox"/> to worship | <input type="checkbox"/> to pray for the shut-in | <input type="checkbox"/> under a starry sky |
| <input type="checkbox"/> in silence | <input type="checkbox"/> to pray for GirlTrek's mission | <input type="checkbox"/> to listen to children play |
| <input type="checkbox"/> to listen to nature | <input type="checkbox"/> to pray for Black people | <input type="checkbox"/> to listen to an elder's advice |
| <input type="checkbox"/> to pray for inspiration | <input type="checkbox"/> to pray for America | <input type="checkbox"/> to cry or release |
| <input type="checkbox"/> to pray for health | <input type="checkbox"/> to pray for the world | <input type="checkbox"/> to a yoga class |
| <input type="checkbox"/> to pray for strength | <input type="checkbox"/> in support of prayertrek.org | <input type="checkbox"/> to journal |
| <input type="checkbox"/> to pray for my elders | <input type="checkbox"/> listening to a sermon | <input type="checkbox"/> and complimented someone |
| <input type="checkbox"/> to pray for my siblings | <input type="checkbox"/> listening to praise music | <input type="checkbox"/> and smiled at someone |
| <input type="checkbox"/> to pray for my children | <input type="checkbox"/> listening to a guided mediation | <input type="checkbox"/> and witnessed to someone |
| <input type="checkbox"/> to pray for my friends | <input type="checkbox"/> listening to a walking meditation | <input type="checkbox"/> and prayed for someone |
| <input type="checkbox"/> to pray for my community | <input type="checkbox"/> listening to an inspiring podcast | <input type="checkbox"/> to connect with an old friend |
| <input type="checkbox"/> to pray for schools | <input type="checkbox"/> listening to a "yaaas!" playlist | <input type="checkbox"/> to connect with a new friend |
| | <input type="checkbox"/> to sit by a lake or pond | <input type="checkbox"/> to connect with myself |



"I AM NO LONGER ACCEPTING THE THINGS I CANNOT CHANGE. I AM CHANGING THE THINGS I CANNOT ACCEPT."
 - ANGELA DAVIS

ACTIVISM WALKS

PICTURED:
 October 1970, New York
 Women's House of Detention,

I walked...

- to vote
- to register others to vote
- to a protest
- to boycott
- in a picket line
- to demand justice
- to honor heroes
- to serve my community
- to stage a sit-in
- to knock on doors
- to a community meeting
- to a school board meeting
- to a city council meeting
- to a town hall
- to a PTA meeting
- with a neighborhood watch
- to a CPR class

- to pick up litter
- to a local business
- to a Black-owned business
- to beautify the neighbor
- for social change
- because no justice, no peace
- to stop gun violence
- to march for Black lives
- to march for women's rights
- for economic justice
- for HIV/AIDs awareness
- against white supremacy
- for LGBTQ rights
- for immigrant rights
- to stop police brutality
- to increase pay
- to end human trafficking

- to end domestic violence
- to feed the homeless
- to broker peace
- to support a local charity
- to support research
- with my US congress member
- with my governor
- with my state representative
- with my mayor
- with a local rep
- with a school board member
- with a school principal
- with a religious leader
- through a poor community
- through a high-crime community
- to mail a letter to a legislator
- to run for office



"SERVICE IS THE RENT THAT YOU PAY FOR ROOM ON THIS EARTH." - SHIRLEY CHISHOLM

ORGANIZER WALKS

PICTURED:
Shirley Chisholm on
the campaign trail

I walked...

- | | | |
|---|--|--|
| <input type="checkbox"/> rep'n with GirlTrek gear | <input type="checkbox"/> with 2-3 friends | <input type="checkbox"/> with sisters to a historic site |
| <input type="checkbox"/> with a friend | <input type="checkbox"/> with 2-3 friends | <input type="checkbox"/> with sisters, somewhere exciting |
| <input type="checkbox"/> with a neighbor | <input type="checkbox"/> with 2-3 friends | <input type="checkbox"/> on a self-guided tour with my team |
| <input type="checkbox"/> with a classmate | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> on a guided tour with my team |
| <input type="checkbox"/> with a co-worker | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> in a charity race with my team |
| <input type="checkbox"/> with a member of my church | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> on a vacation with my friends |
| <input type="checkbox"/> with my sister | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> to a concert with my friends |
| <input type="checkbox"/> with my soror | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> at the StressProtest.com with friends |
| <input type="checkbox"/> with someone new to GirlTrek | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> at Summer of Selma with friends |
| <input type="checkbox"/> with someone new to GirlTrek | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> when someone is grieving |
| <input type="checkbox"/> with someone new to GirlTrek | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> to celebrate someone on my team |
| <input type="checkbox"/> with someone new to GirlTrek | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> to share a team picture #GirlTrek |
| <input type="checkbox"/> with someone new to GirlTrek | <input type="checkbox"/> to host a public walk at GirlTrek.org | <input type="checkbox"/> to show our joy jump #GirlTrek |
| <input type="checkbox"/> with someone new to GirlTrek | <input type="checkbox"/> at a parade with my team | <input type="checkbox"/> to show our victory bridge #GirlTrek |
| <input type="checkbox"/> with someone new to GirlTrek | <input type="checkbox"/> with sisters on a day trip | <input type="checkbox"/> to visit another team |
| <input type="checkbox"/> with 2-3 friends | <input type="checkbox"/> with sisters at a festival | <input type="checkbox"/> to visit the national office |
| <input type="checkbox"/> with 2-3 friends | <input type="checkbox"/> with sisters on a beautiful trail | <input type="checkbox"/> to celebrate when a million walk |



"WE WEREN'T PUSHING 'BLACK IS BEAUTIFUL,' WE JUST SHOWED IT." - KATHERINE DUNHAM

FUN IN THE SUN WALKS

I walked...

- wearing cute lipstick
- in a new pair of sneakers
- to have drinks with friends
- to a concert
- to dinner with friends
- to discuss a book
- to see a movie
- during girls' night out
- to a theme park
- to homecoming
- to an art gallery
- to a tour of homes
- to jazz on the lawn
- to fly kites
- to a food festival
- to a music festival
- to a paint party

- to celebrate a birthday
- to a bridal shower
- to a museum
- to a vineyard for wine-tasting
- walk to happy hour, uber back
- walk to karaoke, uber back
- after cooking a healthy meal
- group walk with our dogs
- to a movie screening
- to celebrate a new job
- to celebrate a promotion
- to get margaritas after zumba
- around my college campus
- to a haunted house
- while on a road trip
- to a pumpkin patch
- to a apple orchard

PICTURED: The Three Degrees music group

- to a berry farm
- to get ice cream
- in a superhero cape
- in a bright tutu
- across a famous bridge
- in your best exercise outfit
- to a vintage shop
- to a play
- to fly kites
- to the Essence Festival
- to AfroPunk
- to Roots Picnic
- for a walking tour
- to a photo shoot with friends
- to get a tattoo or piercing
- on vacation
- to turn up



"EACH PERSON MUST LIVE THEIR LIFE AS A MODEL FOR OTHERS." - ROSA PARKS

MENTORING WALKS

I walked with a girl in my life ...

PHOTO: Andre D. Wagner for The New York Times

- | | | |
|---|--|--|
| <input type="checkbox"/> to break from homework | <input type="checkbox"/> to a street fair | <input type="checkbox"/> to learn something |
| <input type="checkbox"/> to listen to her | <input type="checkbox"/> to hear about her dreams | <input type="checkbox"/> to learn more about her |
| <input type="checkbox"/> to listen to her, again | <input type="checkbox"/> to talk about college | <input type="checkbox"/> to help with a college apps |
| <input type="checkbox"/> to talk birds and bees | <input type="checkbox"/> on a historic tour | <input type="checkbox"/> to the bank to open an acct |
| <input type="checkbox"/> to tell her she's awesome | <input type="checkbox"/> to a music store | <input type="checkbox"/> to volunteer together |
| <input type="checkbox"/> to pick up litter | <input type="checkbox"/> to watch the sunset | <input type="checkbox"/> to take a swim lesson |
| <input type="checkbox"/> to take her to lunch | <input type="checkbox"/> to a book store | <input type="checkbox"/> during a camping trip |
| <input type="checkbox"/> to open her savings account | <input type="checkbox"/> to try something new | <input type="checkbox"/> to journal together |
| <input type="checkbox"/> to walk in her first 5K | <input type="checkbox"/> to a hot air balloon festival | <input type="checkbox"/> to ask about her friendships |
| <input type="checkbox"/> to show her a beautiful trail | <input type="checkbox"/> to a college fair | <input type="checkbox"/> to talk about our bodies |
| <input type="checkbox"/> to teach her to hopscotch | <input type="checkbox"/> to help her apply for a job | <input type="checkbox"/> to ride rollercoasters |
| <input type="checkbox"/> to organize a kickball game | <input type="checkbox"/> to talk about dating | <input type="checkbox"/> to get a manicure |
| <input type="checkbox"/> to teach her to double-dutch | <input type="checkbox"/> to a thrift store | <input type="checkbox"/> to visit a museum |
| <input type="checkbox"/> wearing funny socks | <input type="checkbox"/> to play mini-golf | <input type="checkbox"/> to visit an art gallery |
| <input type="checkbox"/> to talk about self esteem | <input type="checkbox"/> bring her to work and walk | <input type="checkbox"/> to the zoo |
| <input type="checkbox"/> to talk about a big news story | <input type="checkbox"/> to offer career guidance | <input type="checkbox"/> to get ice cream |
| <input type="checkbox"/> to a botanical garden | <input type="checkbox"/> to visit a college campus | <input type="checkbox"/> to remind her that you love her |



"LET ME WEAR THE DAY WELL SO WHEN IT REACHES YOU, YOU WILL ENJOY IT." - SONIA SANCHEZ

#JOYBRIGADE WALKS

PICTURED: Austin Archives

I walked and performed a random act of kindness...

- | | | |
|--|---|--|
| <input type="checkbox"/> to mail a "thinking of you" card | <input type="checkbox"/> to visit someone who lives alone | <input type="checkbox"/> to mail a letter to someone |
| <input type="checkbox"/> to donate a favorite possession | <input type="checkbox"/> to take supplies to the homeless | <input type="checkbox"/> to buy a movie tix for a stranger |
| <input type="checkbox"/> to smile and wave at 10 people | <input type="checkbox"/> to help an elder | <input type="checkbox"/> to pay for a stranger's mani |
| <input type="checkbox"/> to pay for the coffee a stranger | <input type="checkbox"/> to leave a nice note on a car | <input type="checkbox"/> to insert \$ into random parking |
| <input type="checkbox"/> to feed random parking meters | <input type="checkbox"/> to call an estranged relative | <input type="checkbox"/> to deliver a gift card |
| <input type="checkbox"/> to buy a lottery tix & give it away | <input type="checkbox"/> to donate blood or marrow | <input type="checkbox"/> to give a stranger a compliment |
| <input type="checkbox"/> to return all shopping carts | <input type="checkbox"/> to rake a neighbor's yard | <input type="checkbox"/> to volunteer anywhere |
| <input type="checkbox"/> to deliver baked cookies | <input type="checkbox"/> to welcome a new neighbor | <input type="checkbox"/> to help at a farm |
| <input type="checkbox"/> wearing a "free hugs" sign | <input type="checkbox"/> to surprise someone with a gift | <input type="checkbox"/> to read to kids at the library |
| <input type="checkbox"/> to walk dogs at a shelter | <input type="checkbox"/> to deliver supplies to a shelter | <input type="checkbox"/> to water a neighbor's plants |
| <input type="checkbox"/> to visit a retirement home | <input type="checkbox"/> to donate books, crayons, toys | <input type="checkbox"/> to leave loving stickies on mirrors |
| <input type="checkbox"/> to help the homeless | <input type="checkbox"/> to take treats to a fire station | <input type="checkbox"/> to make a love note video to post |
| <input type="checkbox"/> to tell your kids "I love you" | <input type="checkbox"/> to bring flowers to a teacher | <input type="checkbox"/> to plant flowers |
| <input type="checkbox"/> to deliver flowers | <input type="checkbox"/> to visit on an elderly neighbor | <input type="checkbox"/> to leave a generous tip |
| <input type="checkbox"/> to rake a neighbor's yard | <input type="checkbox"/> to run errands for someone sick | <input type="checkbox"/> to deliver flowers |
| <input type="checkbox"/> to plant flowers or a tree | <input type="checkbox"/> to donate clothes | <input type="checkbox"/> to say thank you |
| <input type="checkbox"/> to babysit for free | <input type="checkbox"/> to donate items to a foster home | <input type="checkbox"/> to hug a friend |



"WE ARE EACH OTHER'S HARVEST." - GWENDOLYN BROOKS

FAMILY WALKS

PICTURED: Unknown, Vintage

I walked...

- | | | |
|--|---|---|
| <input type="checkbox"/> after a family dinner | <input type="checkbox"/> after a graduation | <input type="checkbox"/> to a school performance |
| <input type="checkbox"/> at a family reunion | <input type="checkbox"/> after a funeral | <input type="checkbox"/> to a parent-teacher conference |
| <input type="checkbox"/> in my hometown | <input type="checkbox"/> during a pregnancy | <input type="checkbox"/> to chaperone at a school dance |
| <input type="checkbox"/> on family land | <input type="checkbox"/> after a wedding | <input type="checkbox"/> to a civil rights museum |
| <input type="checkbox"/> with a child in my family | <input type="checkbox"/> at a family BBQ | <input type="checkbox"/> to a historic landmark |
| <input type="checkbox"/> with an elder in my family | <input type="checkbox"/> after worship service | <input type="checkbox"/> along a beach |
| <input type="checkbox"/> with my sister | <input type="checkbox"/> on Mother's Day | <input type="checkbox"/> at a theme park |
| <input type="checkbox"/> with my brother | <input type="checkbox"/> on Father's Day | <input type="checkbox"/> at a zoo |
| <input type="checkbox"/> with my mother | <input type="checkbox"/> on Siblings' Day | <input type="checkbox"/> to a class/lecture |
| <input type="checkbox"/> with my father | <input type="checkbox"/> on Grandparents' Day | <input type="checkbox"/> to talk about family business |
| <input type="checkbox"/> with my aunt | <input type="checkbox"/> after Easter dinner | <input type="checkbox"/> because "family drama" |
| <input type="checkbox"/> with my uncle | <input type="checkbox"/> to see 4 th of July Fireworks | <input type="checkbox"/> to say I'm sorry |
| <input type="checkbox"/> with my grandmother | <input type="checkbox"/> after Thanksgiving dinner | <input type="checkbox"/> to say I forgive you |
| <input type="checkbox"/> with my grandfather | <input type="checkbox"/> after Christmas dinner | <input type="checkbox"/> to get/renew our passports |
| <input type="checkbox"/> with my godparent | <input type="checkbox"/> to see holiday lights | <input type="checkbox"/> on family vacation |
| <input type="checkbox"/> with my godchild | <input type="checkbox"/> during Kwanzaa | <input type="checkbox"/> in another country |
| <input type="checkbox"/> with a visiting family member | <input type="checkbox"/> to visit a college | <input type="checkbox"/> with three generations |



"IT'S NOT THE LOAD THAT BREAKS YOU DOWN,
IT'S THE WAY YOU CARRY IT." - LENA HORNE

SELF-CARE WALKS

PICTURED:

Vintage Friends, Unknown

I walked...

- | | | |
|---|---|---|
| <input type="checkbox"/> to reclaim my time | <input type="checkbox"/> to sit and do nothing | <input type="checkbox"/> to ease my stress |
| <input type="checkbox"/> to get a manicure | <input type="checkbox"/> before I get my hair done | <input type="checkbox"/> to relieve my cramps |
| <input type="checkbox"/> to get a pedicure | <input type="checkbox"/> after the big chop | <input type="checkbox"/> to talk to a friend |
| <input type="checkbox"/> to the beauty salon | <input type="checkbox"/> to my annual pap smear | <input type="checkbox"/> to clear my head |
| <input type="checkbox"/> to the lash bar | <input type="checkbox"/> to celebrate celibacy | <input type="checkbox"/> to go to a paint-n-sip |
| <input type="checkbox"/> to get acupuncture | <input type="checkbox"/> without my phone | <input type="checkbox"/> to sit in the grass |
| <input type="checkbox"/> to get a massage | <input type="checkbox"/> away from gossip | <input type="checkbox"/> to see a funny movie and laugh |
| <input type="checkbox"/> to get a smoothie | <input type="checkbox"/> to get a book from the library | <input type="checkbox"/> to visit a friend |
| <input type="checkbox"/> to grab a salad | <input type="checkbox"/> to balance my energy level | <input type="checkbox"/> to get over a breakup |
| <input type="checkbox"/> to take myself on a date | <input type="checkbox"/> to act like a tourist in my city | <input type="checkbox"/> when I have trouble sleeping |
| <input type="checkbox"/> to see a movie | <input type="checkbox"/> to meet a friend for coffee | <input type="checkbox"/> to remember I'm worthy |
| <input type="checkbox"/> to have a picnic | <input type="checkbox"/> to walk to my therapist | <input type="checkbox"/> to listen to poetry |
| <input type="checkbox"/> to my fav playlist | <input type="checkbox"/> to walk to group therapy | <input type="checkbox"/> to have a mini-vacation |
| <input type="checkbox"/> to lose weight | <input type="checkbox"/> to go to church | <input type="checkbox"/> to avoid my kids |
| <input type="checkbox"/> to unplug | <input type="checkbox"/> to hear music | <input type="checkbox"/> to be alone |
| <input type="checkbox"/> to blow bubbles | <input type="checkbox"/> to cope with loss | <input type="checkbox"/> to buy something nice |
| <input type="checkbox"/> to fly a kite | <input type="checkbox"/> because I feel beautiful | <input type="checkbox"/> to sing my favorite playlist |



"LOVE IS OR IT AIN'T.
THIN LOVE AIN'T LOVE AT ALL." - TONI MORRISON

LOVE-Y DOVE-Y WALKS

I walked...

PICTURED: Love at a Chicago football game by Wayne Miller

- | | | |
|--|---|---|
| <input type="checkbox"/> on a blind date | <input type="checkbox"/> to the other side of town | <input type="checkbox"/> to watch a basketball game |
| <input type="checkbox"/> with your sweetheart | <input type="checkbox"/> to watch the sunset | <input type="checkbox"/> to watch a baseball game |
| <input type="checkbox"/> it's Valentine's Day | <input type="checkbox"/> on the beach | <input type="checkbox"/> to buy lingerie |
| <input type="checkbox"/> to a movie | <input type="checkbox"/> to skinny dip | <input type="checkbox"/> to a vineyard for wine tasting |
| <input type="checkbox"/> to dinner | <input type="checkbox"/> to rent kayaks or canoes | <input type="checkbox"/> to play mini-golf |
| <input type="checkbox"/> to see a local band | <input type="checkbox"/> to a lighthouse | <input type="checkbox"/> to check out a museum |
| <input type="checkbox"/> to a historical site | <input type="checkbox"/> to go to the theater | <input type="checkbox"/> to check out an art gallery |
| <input type="checkbox"/> on vacation | <input type="checkbox"/> to meet friends for a date | <input type="checkbox"/> to get dessert |
| <input type="checkbox"/> to a painting class | <input type="checkbox"/> to a quaint bookstore | <input type="checkbox"/> to a comedy club |
| <input type="checkbox"/> to take a dance class | <input type="checkbox"/> to a flea market | <input type="checkbox"/> to a game night |
| <input type="checkbox"/> to a fundraising event | <input type="checkbox"/> to visit a planetarium | <input type="checkbox"/> to smooch |
| <input type="checkbox"/> to a murder/mystery place | <input type="checkbox"/> to bowl | <input type="checkbox"/> to volunteer |
| <input type="checkbox"/> to an antique store | <input type="checkbox"/> to sing karaoke | <input type="checkbox"/> to an open mic |
| <input type="checkbox"/> visit an amusement park | <input type="checkbox"/> to the fair or yard sale | <input type="checkbox"/> to see live music |
| <input type="checkbox"/> to go pub crawling | <input type="checkbox"/> to an arcade | <input type="checkbox"/> to people watch |
| <input type="checkbox"/> to watch a parade | <input type="checkbox"/> to a cooking class | <input type="checkbox"/> to picnic in the park |
| <input type="checkbox"/> to a food festival | <input type="checkbox"/> to watch a football game | <input type="checkbox"/> to build a bonfire |



"THEY SEEMED TO BE STARING AT THE DARK, BUT THEIR EYES WERE WATCHING GOD." - ZORA NEALE HURSTON

PHOTO ADVENTURE WALKS

I walked to take a picture of...

Photo by Dawoud Bey in Harlem

- | | | |
|---|---|---|
| <input type="checkbox"/> the highest point | <input type="checkbox"/> most beautiful garden | <input type="checkbox"/> best dressed woman |
| <input type="checkbox"/> the oldest home | <input type="checkbox"/> freshest produce | <input type="checkbox"/> best dressed man |
| <input type="checkbox"/> the oldest tree | <input type="checkbox"/> longest beach | <input type="checkbox"/> best dive bar |
| <input type="checkbox"/> the biggest lake | <input type="checkbox"/> best view of the cityscape | <input type="checkbox"/> freshest seafood |
| <input type="checkbox"/> the largest farmers market | <input type="checkbox"/> tallest waterfall | <input type="checkbox"/> oldest church |
| <input type="checkbox"/> the prettiest flower | <input type="checkbox"/> most beautiful trail | <input type="checkbox"/> Black history site |
| <input type="checkbox"/> a dopest bird | <input type="checkbox"/> darkest cave | <input type="checkbox"/> a women's history site |
| <input type="checkbox"/> most colorful graffiti | <input type="checkbox"/> oldest cemetery | <input type="checkbox"/> the biggest fair |
| <input type="checkbox"/> the oldest bridge | <input type="checkbox"/> liveliest festival | <input type="checkbox"/> the sleepest river |
| <input type="checkbox"/> an animal in the wild | <input type="checkbox"/> oldest street | <input type="checkbox"/> a bird's nest |
| <input type="checkbox"/> the oldest building | <input type="checkbox"/> best street name | <input type="checkbox"/> a beehive |
| <input type="checkbox"/> the tallest statue | <input type="checkbox"/> most haunted house | <input type="checkbox"/> a fruit tree |
| <input type="checkbox"/> most serene park | <input type="checkbox"/> biggest dog | <input type="checkbox"/> a fragrant bloom |
| <input type="checkbox"/> best decorated house | <input type="checkbox"/> littlest dog | <input type="checkbox"/> a fisherman |
| <input type="checkbox"/> the biggest race | <input type="checkbox"/> farm animal | <input type="checkbox"/> a street dancer |
| <input type="checkbox"/> the best view | <input type="checkbox"/> bird of prey | <input type="checkbox"/> a street performer |
| <input type="checkbox"/> most gorgeous street | <input type="checkbox"/> coolest cloud animal | <input type="checkbox"/> a black girl adventurer (smile!) |



“MAY YOU KISS THE WIND THEN TURN FROM IT CERTAIN THAT IT WILL LOVE YOU BACK” - LUCILLE CLIFTON

NATURE WALKS

PICTURED:

Black Summer Camp Nizhoni,
Rocky Mts, Colorado

I walked ...

- | | | |
|---|---|--|
| <input type="checkbox"/> on a sunny day | <input type="checkbox"/> along a river | <input type="checkbox"/> to a county park |
| <input type="checkbox"/> on a cloudy day | <input type="checkbox"/> by a lake | <input type="checkbox"/> to a state park |
| <input type="checkbox"/> on a hot day | <input type="checkbox"/> on a beach | <input type="checkbox"/> to Yosemite National Park |
| <input type="checkbox"/> on a cool day | <input type="checkbox"/> to collect seashells | <input type="checkbox"/> to Arches National Park |
| <input type="checkbox"/> in the mist | <input type="checkbox"/> to see fall foliage | <input type="checkbox"/> to Yellowstone National Park |
| <input type="checkbox"/> in the rain | <input type="checkbox"/> to pick berries | <input type="checkbox"/> to Rocky Mts. National Park |
| <input type="checkbox"/> at sunrise | <input type="checkbox"/> to pick pumpkins | <input type="checkbox"/> to Great Smokies Nat'l Park |
| <input type="checkbox"/> at sunset | <input type="checkbox"/> at an apple orchard | <input type="checkbox"/> to Acadia National Park |
| <input type="checkbox"/> in the snow | <input type="checkbox"/> at a vineyard | <input type="checkbox"/> to Grand Canyon Nat'l Park |
| <input type="checkbox"/> to a waterfall | <input type="checkbox"/> to see a rainbow | <input type="checkbox"/> to Shenandoah Nat'l Park |
| <input type="checkbox"/> to a scenic overlook | <input type="checkbox"/> under a night sky | <input type="checkbox"/> to Redwood National Park |
| <input type="checkbox"/> on a trail | <input type="checkbox"/> to bird watch | <input type="checkbox"/> to Everglades National Park |
| <input type="checkbox"/> in a forest | <input type="checkbox"/> at a high elevation | <input type="checkbox"/> to Tetons National Park |
| <input type="checkbox"/> in a desert | <input type="checkbox"/> at a nature preserve | <input type="checkbox"/> to Hike James Muir Trail |
| <input type="checkbox"/> to a dune | <input type="checkbox"/> at a botanical garden | <input type="checkbox"/> to Hike the Pacific Crest Trail |
| <input type="checkbox"/> to a cavern | <input type="checkbox"/> to a neighborhood park | <input type="checkbox"/> to Hike the Appalachian Trail |
| <input type="checkbox"/> in a jungle | <input type="checkbox"/> to a city park | <input type="checkbox"/> in an International Park |



"WE ARE THE ONES WE HAVE BEEN WAITING FOR." - JUNE JORDAN

BLACK HISTORY WALKS

I walked...

Pictured: Elizabeth Eckford Integrating Little Rock HS

- | | | |
|---|--|--|
| <input type="checkbox"/> to Tubman's home in Auburn, NY | <input type="checkbox"/> on Coretta Scott King's birthday (4/27) | <input type="checkbox"/> to a Black-owned business |
| <input type="checkbox"/> across Pettus Bridge in Selma, AL | <input type="checkbox"/> on Septima Clark's Birthday (5/3) | <input type="checkbox"/> listening to a Black podcast |
| <input type="checkbox"/> on Buffalo Soldiers Trail in CA | <input type="checkbox"/> on Phillis Wheatley's birthday (5/8) | <input type="checkbox"/> to an Alvin Ailey show |
| <input type="checkbox"/> to lookout at Harpers Ferry, MD | <input type="checkbox"/> on Josephine Baker's Birthday (6/3) | <input type="checkbox"/> on DST Founder's Day |
| <input type="checkbox"/> in Maafa Walk in New Orleans, LA | <input type="checkbox"/> on Gwendolyn Brooks' Birthday (6/7) | <input type="checkbox"/> on AKA Founder's Day |
| <input type="checkbox"/> on Zora Neale Hurston's Birthday (1/7) | <input type="checkbox"/> on Wilma Rudolph's Birthday (6/23) | <input type="checkbox"/> on SGRho Founder's Day |
| <input type="checkbox"/> on Bessie Coleman's Birthday (1/26) | <input type="checkbox"/> on Mary Mcl. Bethune's Birthday (7/10) | <input type="checkbox"/> on Zetas Founder's Day |
| <input type="checkbox"/> on Rosa Park's Birthday (2/4) | <input type="checkbox"/> on Ida B. Wells' Birthday (7/16) | <input type="checkbox"/> at Mardi Gras in New Orleans |
| <input type="checkbox"/> on Audre Lorde's Birthday (2/18) | <input type="checkbox"/> on Althea Gibson's birthday (8/25) | <input type="checkbox"/> to a Black Rodeo |
| <input type="checkbox"/> on Barbara Jordan's birthday (2/21) | <input type="checkbox"/> on Fannie Lou Hamer's Birthday (10/6) | <input type="checkbox"/> to a Historically Black College |
| <input type="checkbox"/> on Marian Anderson's Birthday (2/27) | <input type="checkbox"/> on Daisy Bates' Birthday (11/11) | <input type="checkbox"/> Black history walking tour |
| <input type="checkbox"/> on Augusta Savage's Birthday (2/29) | <input type="checkbox"/> on Sojourner Truth's Mem. Day (11/26) | <input type="checkbox"/> Black history walking tour |
| <input type="checkbox"/> to remember the Selma march (3/7) | <input type="checkbox"/> on Shirley Chisholm's Birthday (11/30) | <input type="checkbox"/> Black history walking tour |
| <input type="checkbox"/> on Harriet Tubman Mem. Day (3/10) | <input type="checkbox"/> on Ella Baker's Birthday (12/13) | <input type="checkbox"/> Black history walking tour |
| <input type="checkbox"/> on Dorothy Height's birthday (3/24) | <input type="checkbox"/> on Mme CJ Walker's Birthday (12/23) | <input type="checkbox"/> Black history walking tour |
| <input type="checkbox"/> on Maya Angelou's Birthday (4/4) | <input type="checkbox"/> to a stop on the Underground Railroad | <input type="checkbox"/> Black history walking tour |
| <input type="checkbox"/> on Ella Fitzgerald's Birthday (4/25) | <input type="checkbox"/> to a Black-owned restaurant | <input type="checkbox"/> Black history walking tour |

See full list of beautiful sites to tour at:
USA Today: Visit 50 Places for Black History Month



“THE DREAM IS REAL, MY FRIENDS. THE FAILURE TO MAKE IT WORK IS THE UNREALITY.” - TONI CADE BAMBARA

BUCKET LIST WALKS

PICTURED:

Louis Armstrong serenades his wife Lucille at the Sphinx, 1961

Check one per day. Today I walked:

- | | | |
|---|---|--|
| <input type="checkbox"/> to Elmina Slave Castle in Ghana | <input type="checkbox"/> to visit Mont St-Michel in France | <input type="checkbox"/> to museums of New York City |
| <input type="checkbox"/> along the Great Wall of China | <input type="checkbox"/> to the Kentucky Bourbon Trail | <input type="checkbox"/> to explore the reef in Belize |
| <input type="checkbox"/> to Machu Pichu in Peru. | <input type="checkbox"/> with Rwandan mountain gorillas | <input type="checkbox"/> to Cumberland Island in Georgia |
| <input type="checkbox"/> winetasting in Napa Valley | <input type="checkbox"/> to see the pyramids of Egypt | <input type="checkbox"/> get your groove back in Jamaica |
| <input type="checkbox"/> to hike the red rocks of Sedona | <input type="checkbox"/> to climb Table Mountain | <input type="checkbox"/> on a cultural tour of Cuba |
| <input type="checkbox"/> to farm-to-table dining Maine | <input type="checkbox"/> to see Iguazu Falls in Brazil | <input type="checkbox"/> to the cathedrals of Ethiopia |
| <input type="checkbox"/> to the ancient city of Petra | <input type="checkbox"/> the Festival of Lights in Thailand | <input type="checkbox"/> to the beaches of the Maldives |
| <input type="checkbox"/> to view the Grand Canyon | <input type="checkbox"/> for NYE in Rio de Janeiro | <input type="checkbox"/> to the culture of Zanzibar |
| <input type="checkbox"/> to see Horseshoe Bend in Utah | <input type="checkbox"/> for the museums of Mexico City | <input type="checkbox"/> to a Broadway show in NYC |
| <input type="checkbox"/> to see Delicate Arch in Utah | <input type="checkbox"/> to hike Half Dome in Yosemite | <input type="checkbox"/> to the National Mall in D.C. |
| <input type="checkbox"/> to tour the Taj Mahal in India | <input type="checkbox"/> for sunrise at Tikal in Guatemala | <input type="checkbox"/> to see Niagara Falls |
| <input type="checkbox"/> to see Cherry Blossoms in Japan | <input type="checkbox"/> during Carnival in Trinidad | <input type="checkbox"/> to the Statue of Liberty in NJ |
| <input type="checkbox"/> for the Northern Lights | <input type="checkbox"/> to the deserts of Morocco | <input type="checkbox"/> to swim in a Bioluminescent Bay |
| <input type="checkbox"/> to wander the streets of Paris | <input type="checkbox"/> through history in Savannah | <input type="checkbox"/> across the Golden Gate Bridge |
| <input type="checkbox"/> to island hop in Greece | <input type="checkbox"/> to the volcanos of St. Lucia | <input type="checkbox"/> across the Brooklyn Bridge |
| <input type="checkbox"/> to swim in the Lake Atitlan to | <input type="checkbox"/> with sea turtles in Hawaii | <input type="checkbox"/> through Central Park in NYC |
| <input type="checkbox"/> to visit the Salt Lakes of Bolivia | <input type="checkbox"/> to the nightlife of Berlin | <input type="checkbox"/> across America, Road Trip! |



"IN ORDER TO RISE FROM ITS OWN ASHES A PHOENIX FIRST MUST BURN." - OCTAVIA BUTLER

CROSS-TRAINING "REMIX" WALKS

Check one per day. 30 minutes of walking is equal to the following activities:

Pictured: Vintage Atlantic City

- | | | |
|--|--|---|
| <input type="checkbox"/> 19 minutes of swimming | <input type="checkbox"/> 37 minutes bicycling | <input type="checkbox"/> 45 minutes of volleyball |
| <input type="checkbox"/> 20 minutes of yoga | <input type="checkbox"/> 16 minutes martial arts | <input type="checkbox"/> 61 minutes of billiards |
| <input type="checkbox"/> 17 minutes of running | <input type="checkbox"/> 45 minutes of roller skating | <input type="checkbox"/> 38 minutes of old-school tag |
| <input type="checkbox"/> 44 minutes of archery | <input type="checkbox"/> 34 minutes of basketball | <input type="checkbox"/> 45 minutes of weight lifting |
| <input type="checkbox"/> 28 minutes of ashtanga yoga | <input type="checkbox"/> 13 minutes of handball | <input type="checkbox"/> 15 minutes of full-out dancing |
| <input type="checkbox"/> 18 minutes of modern dance | <input type="checkbox"/> 28 minutes of tap dancing | <input type="checkbox"/> 75 minutes kickball |
| <input type="checkbox"/> 17 minutes of skiing | <input type="checkbox"/> 55 minutes of praise dancing | <input type="checkbox"/> 32 minutes of skateboarding |
| <input type="checkbox"/> 26 minutes of dodgeball | <input type="checkbox"/> 26 minutes of serious gardening | <input type="checkbox"/> 14 minutes of running |
| <input type="checkbox"/> 47 minutes of hopscotch | <input type="checkbox"/> 18 minutes of hip hop dance | <input type="checkbox"/> 47 minutes of club dancing |
| <input type="checkbox"/> 29 minutes of softball | <input type="checkbox"/> 20 minutes of step aerobics | <input type="checkbox"/> 56 minutes of hatha yoga |
| <input type="checkbox"/> 118 minutes of cooking | <input type="checkbox"/> 21 minutes of kick boxing | <input type="checkbox"/> 25 minutes of snorkeling |
| <input type="checkbox"/> 28 minutes of line dancing | <input type="checkbox"/> 100 pushups with breaks | <input type="checkbox"/> 21 minutes of backpacking |
| <input type="checkbox"/> 21 minutes of Zumba | <input type="checkbox"/> 37 minutes of water aerobics | <input type="checkbox"/> 19 minutes of uphill hiking |
| <input type="checkbox"/> 25 minutes of Pilates | <input type="checkbox"/> 59 minutes of hairstyling | <input type="checkbox"/> 21 minutes of scuba diving |
| <input type="checkbox"/> 51 minutes of frisbee | <input type="checkbox"/> 22 minutes of spin class | <input type="checkbox"/> 15 minutes of rugby |
| <input type="checkbox"/> 15 minutes rock climbing | <input type="checkbox"/> 30 minutes of kayaking | <input type="checkbox"/> 14 minutes of boxing |
| <input type="checkbox"/> 21 minutes tennis | <input type="checkbox"/> 136 mins of kissing & hugging | <input type="checkbox"/> 48 minutes of floating |



"TO THE LEFT, TO THE LEFT, EVERYTHING YOU OWN
IN THE BOX TO THE LEFT." - BEYONCE

#GETFREE TREKS

I'm getting free from bad habits. I walked 30 minutes INSTEAD of

- | | | |
|--|--|---|
| <input type="checkbox"/> instead of drinking a soda | <input type="checkbox"/> instead of weighing myself | <input type="checkbox"/> instead of emotional shopping |
| <input type="checkbox"/> instead of working overtime | <input type="checkbox"/> instead of Facebook stalking | <input type="checkbox"/> instead eating sugar |
| <input type="checkbox"/> instead of sleeping in | <input type="checkbox"/> instead of using my credit card | <input type="checkbox"/> instead drinking sugary juice |
| <input type="checkbox"/> instead of drinking alcohol | <input type="checkbox"/> instead of yelling at my kids | <input type="checkbox"/> instead of watching porn |
| <input type="checkbox"/> instead of online shopping | <input type="checkbox"/> instead of eating meat | <input type="checkbox"/> instead of snacking |
| <input type="checkbox"/> instead of gossiping | <input type="checkbox"/> instead of swearing | <input type="checkbox"/> instead of interrupting someone |
| <input type="checkbox"/> instead of smoking a cigarette | <input type="checkbox"/> instead of blaming others | <input type="checkbox"/> instead of picking my pimples |
| <input type="checkbox"/> instead of eating fried food | <input type="checkbox"/> instead of binge eating | <input type="checkbox"/> instead of trolling online |
| <input type="checkbox"/> instead of eating carbs | <input type="checkbox"/> instead of binge Netflix | <input type="checkbox"/> instead of bragging |
| <input type="checkbox"/> instead of complaining | <input type="checkbox"/> instead of sitting all day | <input type="checkbox"/> instead of being late |
| <input type="checkbox"/> instead of calling that fool back | <input type="checkbox"/> instead of staying up late | <input type="checkbox"/> instead of gambling |
| <input type="checkbox"/> instead of taking verbal abuse | <input type="checkbox"/> instead of being negative | <input type="checkbox"/> instead of finishing other's sentences |
| <input type="checkbox"/> instead of unprotected sex | <input type="checkbox"/> instead of eating gluten | <input type="checkbox"/> instead of bullying |
| <input type="checkbox"/> instead of eating fast food | <input type="checkbox"/> instead of checking my phone | <input type="checkbox"/> instead of judging others |
| <input type="checkbox"/> instead of drinking coffee | <input type="checkbox"/> instead of looking at IG | <input type="checkbox"/> instead of smoking weed |
| <input type="checkbox"/> instead of watching TV | <input type="checkbox"/> instead of looking at Twitter | <input type="checkbox"/> instead of eating candy |
| <input type="checkbox"/> instead of eating sweets | <input type="checkbox"/> instead of looking at Snap Chat | <input type="checkbox"/> instead of giving up |



"TURN THAT UP! THAT'S MY JAM! - BLACK GIRL PROVERB

CELEBRATION TREKS

I walked ...

- | | | |
|--|--|---|
| <input type="checkbox"/> it's my birthday | <input type="checkbox"/> to celebrate a retirement | <input type="checkbox"/> I walked 365 days straight |
| <input type="checkbox"/> it's my friend's birthday | <input type="checkbox"/> someone started a business | <input type="checkbox"/> I started a trek team |
| <input type="checkbox"/> I finished a big project | <input type="checkbox"/> I paid my bills | <input type="checkbox"/> GirlTrek gear came in the mail |
| <input type="checkbox"/> I reached my fitness goal | <input type="checkbox"/> I am officially debt-free | <input type="checkbox"/> for my wedding anniversary |
| <input type="checkbox"/> it's a good hair day | <input type="checkbox"/> I bought a house | <input type="checkbox"/> for my 1 year trekiversary |
| <input type="checkbox"/> I received great news | <input type="checkbox"/> I bought a car | <input type="checkbox"/> to celebrate an engagement |
| <input type="checkbox"/> I got a promotion | <input type="checkbox"/> I booked a vacation | <input type="checkbox"/> to celebrate a marriage |
| <input type="checkbox"/> I got a raise | <input type="checkbox"/> I paid off a credit card | <input type="checkbox"/> to celebrate a pregnancy |
| <input type="checkbox"/> I quit that stank job | <input type="checkbox"/> I raised my credit score | <input type="checkbox"/> it's Labor Day |
| <input type="checkbox"/> because I got a new job | <input type="checkbox"/> I paid off a student loan | <input type="checkbox"/> it's Cinco De Mayo |
| <input type="checkbox"/> my team just won | <input type="checkbox"/> I did something that scared me | <input type="checkbox"/> it's May Day |
| <input type="checkbox"/> I'm in love | <input type="checkbox"/> I did something new | <input type="checkbox"/> it's Halloween |
| <input type="checkbox"/> I'm single again | <input type="checkbox"/> I made a great new friend | <input type="checkbox"/> it's Memorial Day |
| <input type="checkbox"/> I passed my test | <input type="checkbox"/> it's my first week trekking | <input type="checkbox"/> it's Independence Day |
| <input type="checkbox"/> I look cute today | <input type="checkbox"/> it's my first month trekking | <input type="checkbox"/> to celebrate the Solstice! |
| <input type="checkbox"/> We got an acceptance letter | <input type="checkbox"/> I've been trekking for 6 months | <input type="checkbox"/> TGIF! |
| <input type="checkbox"/> to celebrate a graduation | <input type="checkbox"/> I walked 100 days straight | <input type="checkbox"/> it's Superhero Saturday! |



"I AM DRIPPING MELANIN AND HONEY. I AM BLACK WITHOUT APOLOGY." - UPILE CHISALA

FREESTYLE WALKS

PICTURED:
Title

Choose your own adventure! Repeat your favorite walks from the handbook or make up your very own!!!

- Choose your own adventure

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- Choose your own adventure
- Choose your own adventure



"WE ARE NOT A WORKOUT GROUP. WE ARE AN ARMY OF WOMEN WHO ARE SICK AND TIRED OF BEING SICK AND TIRED."
 - VANESSA GARRISON

GIRLTREK WALKS

PICTURED:
 Co-Founders Vanessa and Morgan
 with organizers in Los Angeles.

I walked ...

- | | | |
|--|--|--|
| <input type="checkbox"/> at the StessProtest.com (Aug) | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> in the 9-Day PrayerTrek.org (Oct) | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> at a GirlTrek Pop-Up Party (All year) | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> to lead a GirlTrek "Family 5K"(Nov) | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> at The Summer of Selma (May 2019) | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> in GirlTrek gear | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> in GirlTrek gear | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> in GirlTrek gear | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> in GirlTrek gear | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> in GirlTrek gear | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> at a walk listed on the nat'l map |
| <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> to recruit new trekkers |
| <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> to recruit new trekkers |
| <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> to recruit new trekkers |
| <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> to recruit new trekkers |
| <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> to testify using #GirlTrek |
| <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> on Superhero Saturday | <input type="checkbox"/> to testify using #GirlTrek |

WE WIN!

4 Ways to Succeed, Shine and Save Your Own Life!!

You are officially a member of this movement and we want to recognize all of the sweat equity that you put into building it. We love you! We are cheering for you and want to see you win!

- 1 A WARRIOR WEEK: 5 walks in 7 days**
Can you walk 5 days in a week? As soon as you complete your first "Warrior Week" of walking, submit a "Claim the Victory" at GirlTrek.org and we'll mail you a free team Shirt!!! Welcome to the movement!!!! Congratulations! You're on your way sister!!! (One shirt per woman; While supplies last)
- 2 A NORTH STAR MONTH: 20 walks in 30 days**
If you complete 20 walks in one month, that's called, "A North Star Month." Claim your victory after your first North Star month, and we'll send you a pair of golden shoelaces. You earned it!and don't stop there; keep going! Each North Star Month you achieve, you will be eligible to win a spot to the annual #StressProtest. There are 10 drawings each year! So be sure to claim the victory each month! For women who are victorious every single month of the season (February to November), you are everything!!!! You will be entered into a drawing for a flight to Africa for a Motherland Trek. So don't forget to claim the victory the first Friday of each month!
- 3 HARRIET'S HALL OF FAME: 100 walks in 6 months**
Harriet's first escape from bondage to freedom was in 1849. She walked alone. 100 long miles. Rather than tracking miles, we want you to take 100 long walks in her honor. When you succeed, let us know and you will be entered into Harriet's Hall of Fame. The list of inductees will live permanently on GirlTrek's website and every member will receive a Hall of Fame Medal of Honor.
- 4 THE ULTIMATE TREK! 300 Walks in a year**
Listen, you want to go hard!? We got you! Complete The Ultimate Trek by walking 300 days out of 365 in a year and you will receive a world traveler kit: A GirlTrek backpack and all-season jacket (not sold in stores)

ORGANIZE!

...4 ways to be "The Harriet" of your Community!

YOU are who we've been waiting for! YOU are the next Harriet, the next Fannie, the next Ida B! Organize your friends! There's no right or wrong way to do it. Here are some #inspo to get you started:

- **JUMPSTART: Get 10 women to start walking.** If they finish 5 walks, THEY earn a free team shirts and YOU earn a shout out in our newsletter!
- **MAINTAIN: Inspire 10 women to keep going.** If they finish 20 walks THEY earn golden shoelaces and YOU earn a cool pair of superhero socks
- **SUCCEED: Help 10 women save their lives!** If they complete 100 walks THEY get a Harriet Hall of Fame Medal and YOU EARN free registration to Summer of Selma Festival in 2019
- **Faith-Based Opportunity:** Help 10 women from your church complete the 9-day PrayerTrek (Oct 1-9) and YOU get a free set of Foremother Fans; The church with the most walkers wins the national trophy.

How to Use Harriet's Handbook

How many walks have you taken since the start date below? That's all you need to track. That's it! Simple. From that information, you can claim all types of victories!

Tracking by Hand: The easiest way to use Harriet's Handbook is to print a copy and keep it on your desk. Below is a box for you to tally your walks as you go. You can check off your daily walk on the page listed AND put one tally mark on this page to keep track of your total walks. When you get to your fifth tally mark slash through the prior four. This will help you track your progress toward the big goals!

Electronic Tracking: If you're fancy, save a copy of this PDF to your desktop or mobile desktop and use the form to mark each checkbox after you complete each walk. If you use this option, your total number of walks will automatically be calculated - like magic - for you on page 2.

We believe in the honor code. You don't have to use a fitness tracker or mobile app to count your walks, we trust you! If you do use devices like FitBits or free mobile apps like MapMyWalk, the only information we need is the number of daily walks you've completed. |

After 5 walks, 20 walks, 100 walks, 300 walks don't forget to CLAIM THE VICTORY at GirlTrek.org for your shine!



SOCIAL MEDIA SHOUT OUTS

Help us spread the good news of this mission by using #GirlTrek everywhere! Use #GirlTrek to submit photos and testimonies to our weekly contest. Every Friday, we will honor women with the best photos and testimonies. Your stories are an important part of your service and we LOVE seeing your sun-lit faces and "GirlTrek Glow" in "sweaty selfies", action shots, joy jumps, team photos, nature photos, vacation photos, family photos and photos with celebrities and important members of our community!

THE GIRLTREK PLEDGE

I am _____, daughter of _____
NAME: your first name NAME: your mama ...trust us, it's part of the healing
daughter of _____, daughter of _____ and
NAME: your grandmama's name NAME: your great-grandmama's

I walk for _____
NOUN like joy, physical health, mental health, resistance, liberation, peace, connection,
because I am _____. With GirlTrek, I pledge
AFFIRMATION: brave, powerful, worthy, a stunna!
to walk 30 minutes a day/5 days a week for total healing OR on
Saturday mornings in solidarity for those walking for their lives!

I will dedicate my walks to _____.
NAME: daughter, friend, family member, hero - living or passed

This year, I will show OUT by completing _____ walks on this list
NUMBER: 20, 50, 100, 500, 1,000
to win _____ and stunt on them fools! When I
PRIZE: Check out the bomb list of free stuff!!

do I will reward myself by _____! I
REWARD: #treatyourself! What will you do? vacation? shopping spree?
know it's a lot, but I'm worth it! Ya'll need to go ahead and cue
up my theme song, _____!
HYPE SONG: Ratchet? Corny? Sanctified? We don't judge.

I listen, when I smash that goal, I'm a be like, "how you like me
now" to at least one hater by text, email, phone lol ...or just in
my head. #prayerlist. Seriously, I want to be a #sisterskeeper
and tell my friends like _____, _____ and _____ what
NAMES: Homie #1, ...#2, ...and #3

I'm doing. Maybe I will inspire a lot of people by using
#GirlTrek on my testimonials and photos! Picture it now! One
million Black women walking to get free and stomp down
Babylon! For total liberation, time for ourselves, sunshine,
sisterhood, fun. We're worth it! Black women are so dang

_____! We're just like a _____ because
ADJECTIVE. ANIMAL OR DOPE THING
we're so very _____! Look for us on the streets!
ADJECTIVE

From the frontlines, _____
YOUR SUPERHERO NAME: Alliterative nickname, i.e Magnetic Mo, Vicious V, J-Boogie,

TOP 5 FAQs

1. HOW DO I FIND OTHER WOMEN TO WALK WITH?

If you are looking for cool, new friends to walk with in your area, there are a few options to get you connected. Check GirlTrek.org for local walks on GirlTrek's National Map. If you don't see a local walk in your neighborhood, create one and post it for others! You never know, you may be a lifeline for other sisters in need. You can also find the "Connect with Your City" page which lists social media pages by city. Lastly, if you see a trekker on the street - wearing GirlTrek gear - go talk to her! We guarantee, she's friendly!

2. HOW DO I WALK TO LOSE WEIGHT?

Many of us are walking for our lives! If you are walking to loss the extra weight you've been carrying, we hear you! We're a quick cheat sheet of information: A pound of body fat contains about 3,500 calories. To lose a pound you must burn more or eat fewer calories. We know, it's basic but stay with us! When we trek hard at The GirlTrek Pace (1 mile in 15 minutes) ,most of our members burn 350 calories per 30-minute walk. That means you lose 1 pound every 10 walks or every two weeks. That means if you start walking 5 days per week, 30 minutes per day - and everything else in your life stays the same - you will lose 26 pounds this year. If you couple your walking with eating, and commit to eating 500 fewer calories per day - that's an order of medium fries and a soda , for reference - you will lose an additional 1 pound per week. Together, a 30-minute brisk walk and eating 500 fewer calories daily can result in as much as 75lbs of weight loss per year. We've seen it happen. It takes a committed heart, an accountability system (tell someone you trust what you're doing) and a fundamental belief that you're worth it. Watch "23.5 Hours" on YouTube for more info

3. CAN I WALK ON A TREADMILL?

If you would like to walk with other woman in your area, there are a few options to get you connected. Check GirlTrek.org for local walks on GirlTrek's National Map. If you don't see a local walk in your neighborhood, create one and post it for others! You never know, you may be a lifeline for other sisters in need. You can also find the "Connect with Your City" page which lists social media pages by city. Lastly, if you see a trekker on the street - wearing GirlTrek gear - go talk to her! We guarantee, she's friendly!

4. HOW DO I START A TEAM?

So glad you asked!! You never need permission at GirlTrek to start organizing walking with your friends and family. Our website has an easy to use map feature that will walk you through putting a walk on our national map. During this process you will be prompted to watch a 5-minute organizer training video. It's very important, don't skip this step! We also recommend that new organizers, contact our Director of Organizing, Carla Harris (Carla@GirlTrek.org) so that she can provide tips and tricks for safe organizing and help to answer any questions you may have. This handbook is designed to help you succeed. Forward it to all of the members on your team to use at her own pace. Many of the walking prompts, include group walking activities. Celebrate each team members success as she reaches benchmarks! That easy!

4. WHERE DO I FIND HELP?

We are here to help you succeed. GirlTrke is a small and mighty team of Black women who work full time in Washington, DC to make this experience wonderful for you. You can reach us at 855-GRL-TREK or info@girltrek.org. We've provide many resources for you on our website at GirlTrek.org including a field guide, organizer kits, the logo, permission slips for minors, sample flyers and presentations, anything you can think of! We'll be watching your success at #GirlTrek! See you at the finish line!!

CLIFFNOTES: #1 STUNNA IN AMERICAN HISTORY!!! HARRIET ARAMINTA TUBMAN

Sunrise 1820 - Sunset March 10, 1913

Harriet Tubman's grandmother was rumored to be from The Ashanti Tribe of warriors - so you already know. As a child, Harriet survived the measles while hauling muskrat traps through frozen swamps. While she was ill, she was beaten for not doing daily chores. As a teenager, she stood up for a stranger, a Black man who was seeking freedom, and was struck in the head. This happened in front of a general store that still stands today near the old Brodess Plantation in Bucktown, MD. Because of the trauma to the head in that act of resistance, she experienced blackouts for the rest of her life. Some say these blackouts were epilepsy. She said they were prophetic dreams, opportunities to hear directly from God. As an adult, she married a free man named John Tubman. She eventually left his ass because he was too afraid - or comfortable in his own freedom - to pursue freedom for his wife, so she left his ass. Sometimes...you have to leave the ones you love to get the life you deserve. This is the good part of the story, - liberation. She freed herself, ..by herself! She attempted to leave with her two brothers the first time, but they were reluctant. One had a new born baby he was leaving behind. #respect. So Harriet walked alone! She walked herself to freedom from the Eastern shore of Maryland, across the border state of Delaware into Pennsylvania. She worked in a hotel in Cape May for a minute, thinking of a master plan.



Harriet was an organizing genius - she inspired, cajoled, threatened (clack-clack), whatever she had to do to get not-yet-woke Black people - many who were free, hard-working longshoremen and down white people to act as co-conspirators. In a letter to her, Frederick Douglass said, "I know of no one who has willingly encountered more perils and hardships to serve our enslaved people than you have." She made 19 trips and rescued 300 people that we know of - and that's just ON the record, 'cause you know! Her living family shares that their oral history tells a different story - it was an underground, secret mission after all. In leading a freedom movement, she inspired a white man named John Brown to sacrifice his life in an uprising at Harper's Ferry. It changed the consciousness of his people and hurried the Civil War. In that war, she was the first woman in US History to command a military operation.

After the war, she married a younger man - we see you Harriet - and she adopted a daughter. She was the first Black woman in the state of New York to buy a house - illegally, because #gangsta. She started her own business caring for the elderly #socent and planted apple trees on her property that still bear fruit today. Harriet Araminta Tubman lived to be 92 years old. She lived a mighty life and is laid to rest in Auburn, NY. As our foremother and national hero, we walk in her footsteps.

Calendar + Glossary

PLAN YOUR YEAR

This handbook will be supported by on-the-ground opportunities to connect and serve. Here are a few to plan for:

#Road to Selma National Tour

Various Dates 2018-2019, 50-Stops

Join us for a local training or pop-up party in a city near you. Go to GirlTrek.org to check the full schedule.

#StressProtest, Estes Park, CO

Labor Day Weekend, August 31-Sep 3, 2018

Join us for an affordable, once-in-a-lifetime mountain wellness retreat. Register at StressProtest.com

9-Day #PrayerTrek, Nationwide

October 1-9, 2018

Compete largest walking challenge for churches in America. It is a fun, Spirit-filled 9-day competition to walk, pray and do acts of service. The church with the most walks win a national trophy!

Family 5Ks, Nationwide! On Your Block!

Thanksgiving Weekend, November 22-24, 2018

We have an annual tradition of planning our own 5K races with our family after the big family dinner. GirlTrek provides team shirts, bibs, everything you need, You provide your leadership and family!

Rest Your Body & Mind

Off-Season. December 1, 2018 - January 15, 2019

We believe in self-care so we take an intentional break from organizing to rest. The national offices are closed during this break.

Summer of Selma, Selma, Alabama

Memorial Day Weekend, May 23-27, 2019

This will be the biggest festival and epic distance walk in GirlTrek history! You don't want to miss it!

GLOSSARY OF TERMS

GirlTrek: (n) A nonprofit organization one a mission to inspire one million Black women to walk to save their own lives

Trek (n): To walk for 30 minutes out of your front door to save your own life! You can trek alone or with friends.

Joy Jump (n): The action sisters take to celebrate the end of a walk! The woman who jumps the highest wins street credit! lol

Superhero Saturday (n.): The sacred day of the week that we walk for or lives or walk in solidarity for those on their own deeply personal mission.

Superhero Blue (n): The bright color we wear so that everyone sees our service! It's the color of all GirlTrek gear because we are the heroes we've been waiting for! It's how we spot another GirlTrekker in the streets!

Victory Bridge (n): It's how we end every walk. The first two finishers join hands and lift arms into an arch. The third and fourth trekkers run underneath and build the bridge and that continues until the last sister finishes. We never leave a sister behind

The Trek Code (n): All new leaders must follow these common agreements. Download the Field Guide at GirlTrek.org to learn all of the Trek Code

The GirlTrek Season: (n) We walk for 10 months, from February 1 through November 30th each year; We go on a self-care sabbatical for 6 weeks Dec 1-Jan 15.

My Name + Victory Dates

THIS HANDBOOK IS THE PROPERTY OF: _____

START DATE: _____ HARRIET HALL OF FAME ACHIEVED: _____

1ST WARRIOR WEEK ACHIEVED _____ THE ULTIMATE TREK ACHIEVED: _____

1ST NORTH STAR MONTH ACHIEVED _____ . TEAM STARTED: _____

THE GIRLTREK MANIFESTO

At this rate, we will not survive. Raise up! GirlTrek is an army of healthy Black women and girls who fight for our lives.

We believe that self-care is a revolutionary act.

We believe that walking 30 minutes a day is a bare minimum. It's a practice of love, a daily discipline and health tradition. We walk for healing, for joy, for fresh air and quiet time. For celebration, mood-busting endorphins and sun rays. We sweat our perms out and hustle hard. We walk to connect, to talk, to download with and lift up our sisters. We walk to worship. Everyday we set off on urban adventures and far off treks to magical, wild places!

Walking helps us keep it moving. A shared agreement. A journey.

Everyday, we lace up and open the door to a life full of possibilities. It's time to do the work! I we can't claim 30 minutes of our lives for ourselves, all is lost. We believe that the time is now and the situation is urgent. We have to walk faster than the grim reaper - diabetes, stroke and heart attack. All of the things that keep snatching our mamas.

GirlTrek is real stories of real women making real change.

Their testimonies are more powerful than doom and gloom statistics. Even still, we know that Black women need a compelling reason - bigger than skinny jeans and trends - for collective action. Our daughters are that reason. We want to be living, breathing examples of what health and joy look like. GirlTrek believes that there is a hero in every household. Our 30 minutes of self-care is a teachable moment, a practical example for how girls can build healthy lifestyles. Walking for us is a cultural tradition.

Our history sustains us.

We lean on what has worked in the past. It deeply roots this movement. If Harriet Tubman could walk her way to freedom, then we can walk our way to healthier lives. If the women in the Montgomery Bus Boycotts could walk to demand equal rights, we can walk to reclaim the streets of our neighborhoods. And if thousands could walk, protest and stand firm for freedom and justice, then we MUST continue that legacy for our lives. We've come too far. We believe in sisterhood and support to get us there.

We believe every sister needs a sister.

The Bible says, "For where two or three are gathered together in my name, I am in the midst of them." There is power in our ranks. We believe that the same God that spoke to Sojourner, protected Ida B and animated Fannie - lives in us. We believe that there is something divinely powerful in every Black woman. We're not on this journey to save the world but to save ourselves. But the influence of a vital person vitalizes. So we will hold up the light - and share what's working - to inspire our sisters across the globe from the tea fields of Cambodia to the camps of The Congo and sweeping lands of First Nations everywhere.

There is an army rising up. 1 million strong by 2020.