



Walking Journal

	Day 1 12/1/2014	Day 2 12/2/2014	Day 3 12/3/2014	Day 4 12/4/2014	Day 5 12/5/2014	Day 6 12/6/2014	Day 7 12/7/2014
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							



Exercise Tips

Drink Water

Obey Traffic

Stretch



Wear a Pedometer

