## Walking Log Sheet

| Date | Describe your Route | Time | Distance |
| :---: | :---: | :---: | :---: |
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|  | Total for Week 1 |  |  |
| Date | Describe your Route | Time | Distance |
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|  |  |  |  |
|  |  |  |  |
|  | Total for Week 2 |  |  |

Click Here if you want...

## A FREE Workout Routine

or
Email me at weightlossking40@gmail.com for this limited special offer or ANY help with your fitness goals.

