Walking Log Sheet

Date	Describe your Route	Time	Distance
	Total for Week 1		
Date	Describe your Route	Time	Distance
Date	Describe your Route	Time	Distance
Date	Describe your Route	Time	Distance
Date	Describe your Route	Time	Distance
Date	Describe your Route	Time	Distance
Date	Describe your Route	Time	Distance
Date	Describe your Route	Time	Distance
Date	Describe your Route	Time	Distance

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.