



2016 Walking Diary

Tom Alyea

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You will find by using this journal that you have a very powerful reminder of your fitness journey. And, there are pages of motivating walking quotes and pictures to keep you inspired.

Using this journal you can record where you walked and describe the conditions. Was it flat? Hilly? Sunny? Rainy? This will help to establish a pattern. If you experience some pain every few days with walking, you can go back through your records and determine if this pain arises from a certain type of weather or a certain path you've taken.

This walking journal has plenty of space to:

- record the location, date, time and distance of your walks
- the type of walk (light, moderate, strenuous)
- the weather conditions
- companions that joined you along the way
- and details about the route you took

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