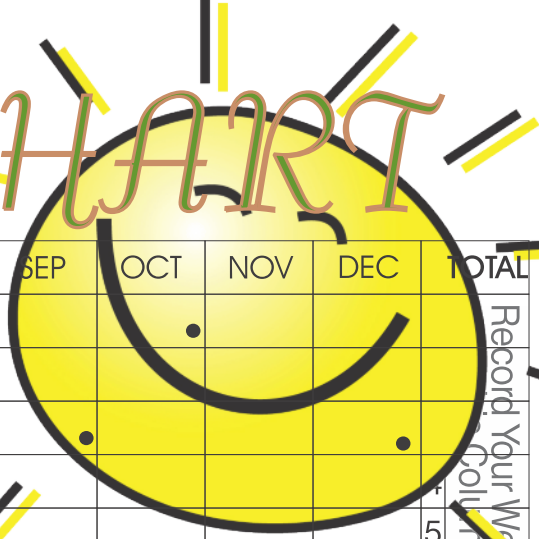


2017

# WALKING CHART



DAY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
1	.									.			1
2				.			.						2
3										.		.	3
4						.							4
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11						.							11
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13												.	13
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15	.									.			15
16				.		.							16
17									.			.	17
18					.		.						18
19		.	.								.		19
20								.					20
21					.								21
22	.									.			22
23				.			.						23
24									.			.	24
25					.		.						25
26		.	.								.		26
27								.					27
28					.								28
29	.									.			29
30				.			.						30
31												.	31
RUNS AVG.													
Miles This Month													

Record Your Weight  
Column