

# My Walking Calendar



Chart your walking progress through the month. Try to walk five days a week for optimal weight loss and health results. Walk yourself healthy.				<b>Day 1</b>		<b>Day 2</b>		<b>Day 3</b>		<b>Day 4</b>			
				Steps:		Steps:		Steps:		Steps:		Steps:	
				Distance:		Distance:		Distance:		Distance:		Distance:	
				Duration:		Duration:		Duration:		Duration:		Duration:	
<b>Day 5</b>		<b>Day 6</b>		<b>Day 7</b>		<b>Day 8</b>		<b>Day 9</b>		<b>Day 10</b>			
Steps:		Steps:		Steps:		Steps:		Steps:		Steps:			
Distance:		Distance:		Distance:		Distance:		Distance:		Distance:			
Duration:		Duration:		Duration:		Duration:		Duration:		Duration:			
<b>Day 12</b>		<b>Day 13</b>		<b>Day 14</b>		<b>Day 15</b>		<b>Day 16</b>		<b>Day 17</b>			
Steps:		Steps:		Steps:		Steps:		Steps:		Steps:			
Distance:		Distance:		Distance:		Distance:		Distance:		Distance:			
Duration:		Duration:		Duration:		Duration:		Duration:		Duration:			
<b>Day 19</b>		<b>Day 20</b>		<b>Day 21</b>		<b>Day 22</b>		<b>Day 23</b>		<b>Day 24</b>			
Steps:		Steps:		Steps:		Steps:		Steps:		Steps:			
Distance:		Distance:		Distance:		Distance:		Distance:		Distance:			
Duration:		Duration:		Duration:		Duration:		Duration:		Duration:			
<b>Day 26</b>		<b>Day 27</b>		<b>Day 28</b>		<b>Day 29</b>		<b>Day 30</b>		<b>Day 31</b>			
Steps:		Steps:		Steps:		Steps:		Steps:		Steps:			
Distance:		Distance:		Distance:		Distance:		Distance:		Distance:			
Duration:		Duration:		Duration:		Duration:		Duration:		Duration:			
										<b>MONTHLY RESULTS</b>			
										<b>Weight</b>			
										<b>Begin:</b>			
										<b>End</b>			

**NATIONAL KIDNEY FOUNDATION OF SAMOA - PREVENTION PROGRAM**