

the 30 day power walking

START DATE _____

END DATE _____

GOAL MILES _____

TOTAL MILES _____

TOTAL MINUTES _____

<p>1</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>2</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>3</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>4</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>5</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>6</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>7</p> <p>MILES _____</p> <p>MINUTES _____</p>
<p>8</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>9</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>10</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>11</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>12</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>13</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>14</p> <p>MILES _____</p> <p>MINUTES _____</p>
<p>15</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>16</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>17</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>18</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>19</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>20</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>21</p> <p>MILES _____</p> <p>MINUTES _____</p>
<p>22</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>23</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>24</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>25</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>26</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>27</p> <p>MILES _____</p> <p>MINUTES _____</p>	<p>28</p> <p>MILES _____</p> <p>MINUTES _____</p>
<p>30</p> <p>MILES _____</p> <p>MINUTES _____</p>						

NOTES