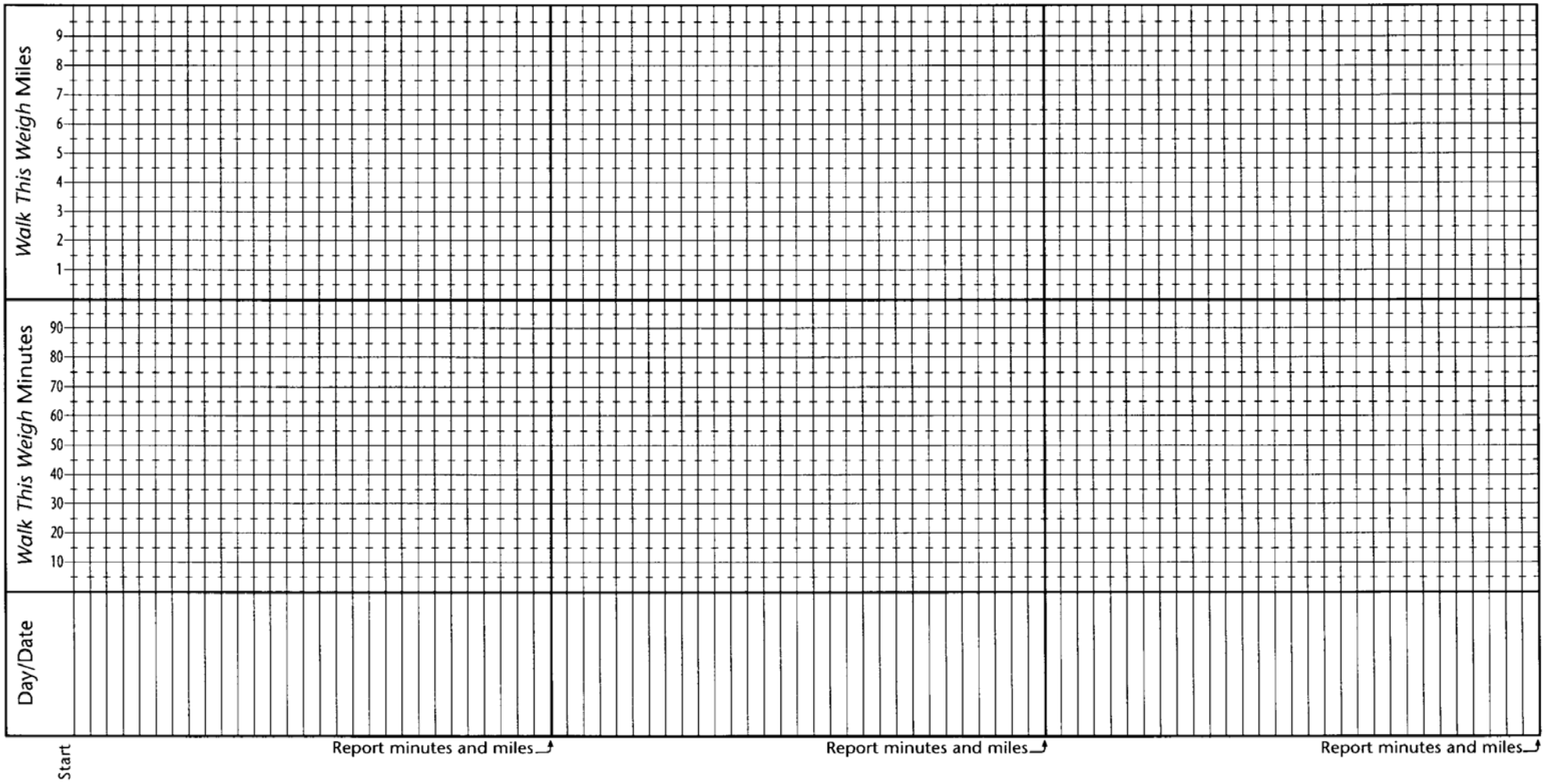
Chart your daily *Walk This Weigh* miles and minutes below by placing an "X" on the corresponding line. Log your minutes and miles *every* day — even if you miss a day (place an X on zero in both places).

Use a color marker to connect the Xs at the end of 30, 60, and 90 days. You should see a gradual upward slope as you add minutes and miles to your *Walk This Weigh* workout.

WALK *This Weigh* 90-Day Log



Name _____