Walking Log

Mileage

1 lap = ½ mile*

5 laps = 2 ½ miles*

10 laps = 5 ½ miles*

* Exact mileage : 1 lap = .565 miles

a **STEP** in the **RIGHT** direction!

Walking Log

Mileage

1 lap = ½ mile*

5 laps = 2 ½ miles*

10 laps = 5 ½ miles*

* Exact mileage : 1 lap = .565 miles

a **STEP** in the **RIGHT** direction!

Walking Log

Mileage

1 lap = ½ mile*

5 laps = 2 ½ miles*

10 laps = 5 ½ miles*

* Exact mileage : 1 lap = .565 miles

a **STEP** in the **RIGHT** direction!

Walking Log

Mileage

1 lap = ½ mile*

5 laps = 2 ½ miles*

10 laps = 5 ½ miles*

* Exact mileage : 1 lap = .565 miles

a **STEP** in the **RIGHT** direction!

Month 1						
S	M	T	W	T	F	S

Month 2						
S	M	T	W	T	F	S

Month 3						
S	M	T	W	T	F	S

Month 4						
S	M	T	W	T	F	S

Month 5						
S	M	T	W	T	F	S

Month 6						
S	M	T	W	T	F	S

Month 1						
S	M	T	W	T	F	S

Month 2						
S	M	T	W	T	F	S

Month 3						
S	M	T	W	T	F	S

Month 4						
S	M	T	W	T	F	S

Month 5						
S	M	T	W	T	F	S

Month 6						
S	M	T	W	T	F	S

Month 1						
S	M	T	W	T	F	S

Month 2						
S	M	T	W	T	F	S

Month 3						
S	M	T	W	T	F	S

Month 4						
S	M	T	W	T	F	S

Month 5						
S	M	T	W	T	F	S

Month 6						
S	M	T	W	T	F	S