



# My Walking Journal

*Deanna Anderson*

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*Deanna Anderson*

## **My Walking Journal** Deanna Anderson

Experts recommend walking 30 minutes a day, 5 days a week. "My Walking Journal" helps you keep that motivation going with 365 entries--that's one walk a day for a year--to record your walks. Entries include space for date, location, length, time, and a short summary about the walk. By recording your walks you will also be writing about your progress, achievements, and accomplishments. Walk your way to a better and healthier you, one page at a time, with "My Walking Journal."

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