



# Walking Exercise Log Book

*Tom Alyea*

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**Walking Exercise Log Book** Tom Alyea

*This log book is part of the Discovery Series of Journals - a series of journals that record those special moments in your life.*

This walking log book has plenty of space to:

- record the location, date, time and distance of your walks
- the type of walk (light, moderate, strenuous)
- the weather conditions
- companions that joined you along the way
- and details about the route you took

You will find by using this journal that you have a very powerful reminder of your fitness journey.

Using this log book, you can record where you walked and describe the conditions. Was it flat? Hilly? Sunny? Rainy? This will help to establish a pattern. If you experience some pain every few days with walking, you can go back through your records and determine if this pain arises from a certain type of weather or a certain path you've taken.

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A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day long to reading a reserve. The book Walking Exercise Log Book it is quite good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. If you did not have enough space bringing this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book offers high quality.

#### **David Auman:**

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