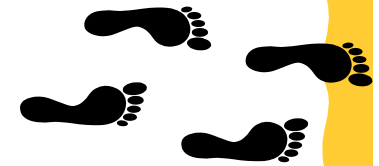


# Lorain County Walks...



## January 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: .....						1	2
Weekly Step Goal: .....	3	4	5	6	7	8	9
Weekly Step Goal: .....	10	11	12	13	14	15	16
Weekly Step Goal: .....	17	18	19	20	21	22	23
Weekly Step Goal: .....	24	25	26	27	28	29	30
Weekly Step Goal: .....	31						

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 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)  
 Web site: [www.walks.livehealthyloraincounty.com](http://www.walks.livehealthyloraincounty.com)



"For The Health of Us All"

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.