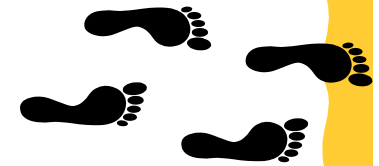


Lorain County Walks...



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						

Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: 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.