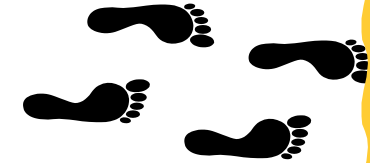


# Lorain County Walks...



## October 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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  
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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.