

WEEK ONE SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

TAKE A HIKE!

WEEK TWO SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

SHE BELIEVED SHE COULD DO IT...

WEEK THREE SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

SO SHE DID.

WEEK FOUR SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

YESTERDAY YOU SAID TOMORROW.

WEEK FIVE SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

LET'S HOLD HANDS AND GO...

WEEK SIX SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

KEEP CALM AND GO FOR A WALK.

WEEK SEVEN SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

LIVE IN THE SUNSHINE...

WEEK EIGHT SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

SWIM IN THE SEA...

WEEK NINE SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____

DRINK THE WILD AIR. RALPH WALDO EMERSON

WEEK TEN SUN____ MON____ TUE____ WED____ THUR____ FRI____ SAT____ WEEKLY TOTAL____