

# WALKING LOG

Record steps, minutes, or distance.

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Average	GOAL
Example	3,500	3,000	4,000	3,000	5,000	6,000	3,500	4,000	5,000
1									
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North Carolina  
**HEALTH**  
*Smart*



North Carolina  
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