30-Day Walking

10



Running

Couch

Walking

Steps

Log

Date	Walking	Running	Steps	✓

30-Day Walking

10

- Walking — step 1
- Steps — step 2
- Running — step 3
- Couch — step 4
- Walking — step 5
- Steps — step 6
- Running — step 7
- Couch — step 8
- Walking — step 9
- Steps — step 10
- Running — step 11
- Couch — step 12
- Walking — step 13
- Steps — step 14

IDEAS