Walking Lake Pepin 2024
June 2 to August 10

Walking...
It's Good for the Soul

Name_____ Log Sheet: **Record 150 minutes per week**
OR
150 miles in 10 weeks

	SUN	MON	TUE	WED	THU	FRI	SAT	YOUR TOTAL
WEEKK 1 June 2- June 8								
WEEK 2 June 9 - June 15								
WEEK 3 June 16 - June 22								
WEEK 4 June 23 - June 29								
WEEK 5 June 30 - July 6								
WEEK 6 July 7 - July 13								
WEEK 7 July 14- July 20								
WEEK 8 July 21- July 327								
Week 9 July 28 - August 3								
Week 10 August 4- August 10								