



# Walking Log: Lily

*Tom Alyea*

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*This journal is part of the Discovery Series of Journals - a series of journals that record those special moments in your life.*

This walking journal has plenty of space to:

- record the location, date, time and distance of your walks the type of walk (light, moderate, strenuous)
- the weather conditions
- companions that joined you along the way and
- details about the route you took

You will find by using this journal that you have a very powerful reminder of your fitness journey. Using this journal you can record where you walked and describe the conditions. Was it flat? Hilly? Sunny? Rainy? This will help to establish a pattern. If you experience some pain every few days with walking, you can go back through your records and determine if this pain arises from a certain type of weather or a certain path you've taken.

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#### **Joshua Parsons:**

Reading a book being new life style in this season; every people loves to examine a book. When you read a book you can get a wide range of benefit. When you read books, you can improve your knowledge, mainly because book has a lot of information in it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your research, you can read education books, but if you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, along with soon. The Walking Log: Lily offer you a new experience in looking at a book.

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