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Keeping a diary of your walks can help you see the progress you are making and give you space to record how walking makes you feel too!

Day of the week	Circle the face that reflects your feeling before the walk	How far did you walk?	Where did you walk?	Circle the face that reflects your feeling after the walk
Monday	  			  
Tuesday	  			  
Wednesday	  			  
Thursday	  			  
Friday	  			  
Saturday	  			  
Sunday	