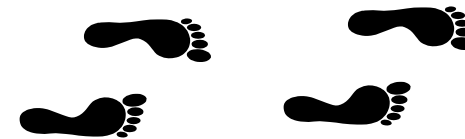


# Lorain County Walks...



## December 2008

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____		1 Daily Goal: _____	2 Daily Goal: _____	3 Daily Goal: _____	4 Daily Goal: _____	5 Daily Goal: _____	6 Daily Goal: _____
Weekly Step Goal: _____	7 Daily Goal: _____	8 Daily Goal: _____	9 Daily Goal: _____	10 Daily Goal: _____	11 Daily Goal: _____	12 Daily Goal: _____	13 Daily Goal: _____
Weekly Step Goal: _____	14 Daily Goal: _____	15 Daily Goal: _____	16 Daily Goal: _____	17 Daily Goal: _____	18 Daily Goal: _____	19 Daily Goal: _____	20 Daily Goal: _____
Weekly Step Goal: _____	21 Daily Goal: _____	22 Daily Goal: _____	23 Daily Goal: _____	24 Daily Goal: _____	25 Daily Goal: _____	26 Daily Goal: _____	27 Daily Goal: _____
Weekly Step Goal: _____	28 Daily Goal: _____	29 Daily Goal: _____	30 Daily Goal: _____	31 Daily Goal: _____			

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.



"For The Health of Us All"

Lorain County General Health District  
 9880 S. Murray Ridge Rd. Elyria, Oh 44035  
 Phone: 440-322-6367, 244-2209, or 236-8722  
 Fax: 440-322-0911  
 Email: [walking@loraincountyhealth.com](mailto:walking@loraincountyhealth.com)

Web site: [www.loraincounty.com/walks](http://www.loraincounty.com/walks)

**Weekly Step Goal/Daily Goal:** Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.