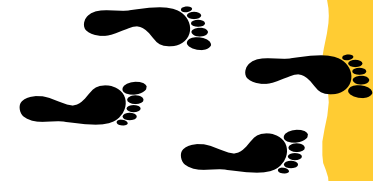


Lorain County Walks...

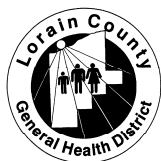


August 2009

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

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.

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
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

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.