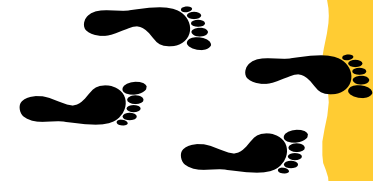


# Lorain County Walks...



## January 2009

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

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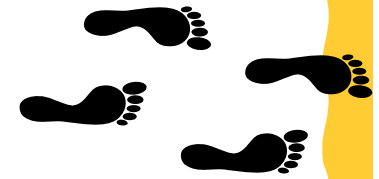
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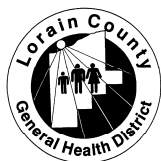


## February 2009

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

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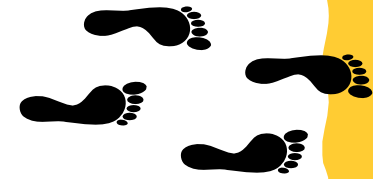


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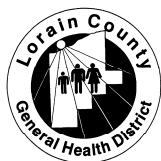


## April 2009

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

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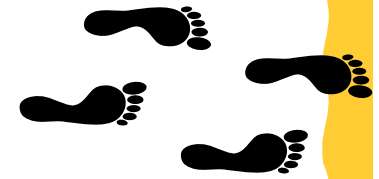
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# Lorain County Walks...



## May 2009

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

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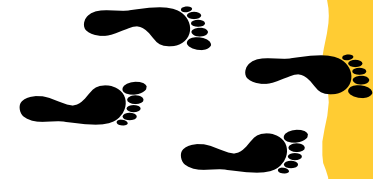
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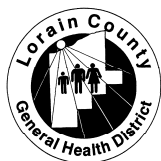


## June 2009

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

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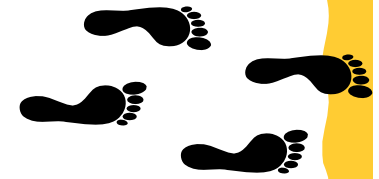
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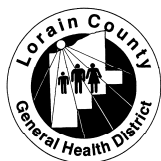


## July 2009

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

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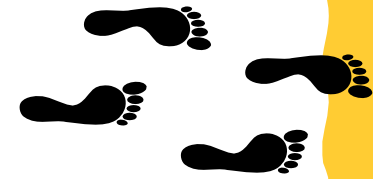
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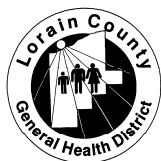


## August 2009

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

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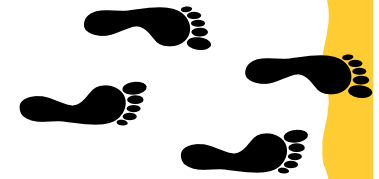
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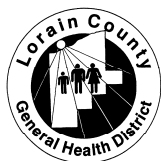


## September 2009

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

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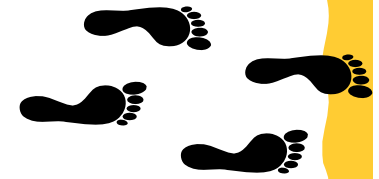
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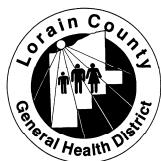


## October 2009

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

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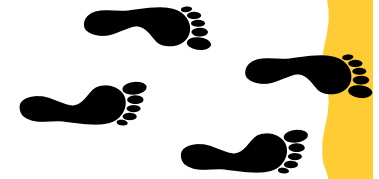
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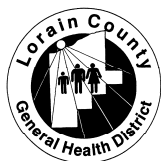


## November 2009

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

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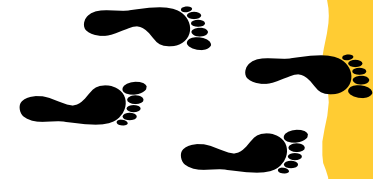
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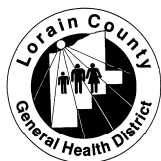


## December 2009

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

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