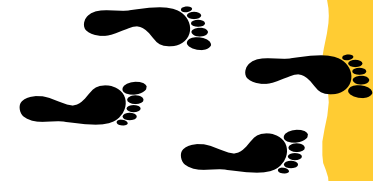


Lorain County Walks...

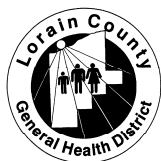


November 2009

	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: _____	29	30					

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.