

Walking... what a feeling!



HOW TO USE THE WALKING... WHAT A FEELING! CALENDAR

Keeping track of your walking is a breeze with this interactive PDF calendar. Simply enter your minutes each day you walk. The calendar will tally up your activity minutes for you.

TIPS

- ▶ Enter the month and dates at the beginning of every month to get you started.
- ▶ Save each month as a separate file.
- ▶ Save the calendar on your desktop computer* for quick access.
- ▶ Download the latest version of Adobe Acrobat [here](#).



