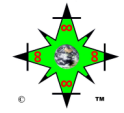


So 1 Start Weights	Mo 2 Walk 20-40mins	Tu 3 Weights	We 4 Walk 20-40mins	Th 5 Weights	Fr 6 Walk 20-40mins	Start Total Weight Sabbath
1 Date						Hrs Kms Kilos
2 Date						Hrs Kms Kilos
3 Date						Hrs Kms Kilos
4 Date						Hrs Kms Kilos
5 Date						Hrs Kms Kilos
6 Date						Hrs Kms Kilos
7 Date						Hrs Kms Kilos
8 Date						Hrs Kms Kilos
9 Date						Hrs Kms Kilos
10 Date						Hrs Kms Kilos
11 Date						Hrs Kms Kilos
12 Date						Hrs Kms Kilos



**End Total Weight
Sabbath**