

**WEEK 1:**

***“If you're walking down the right path and you're willing to keep walking, eventually you'll make progress.”*** Barack Obama

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|  | **Location** | **Date & Time** | **Steps/miles walked** | **Notes, thoughts, observations** |
| **Monday** |  |  |  |  |
| **Tuesday** |  |  |  |  |
| **Wednesday** |  |  |  |  |
| **Thursday** |  |  |  |  |
| **Friday** |  |  |  |  |
| **Saturday** |  |  |  |  |
| **Sunday** |  |  |  |  |
|  | Weekly distance/step total: |  |  |

**WEEK 2:**

***“I like long walks, especialy when they are taken by people who annoy me.”*** Noel Coward

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| **Tuesday** |  |  |  |  |
| **Wednesday** |  |  |  |  |
| **Thursday** |  |  |  |  |
| **Friday** |  |  |  |  |
| **Saturday** |  |  |  |  |
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**WEEK 3:**

***“All truly great thoughts are conceived while walking.”*** Friedrich Nietzsche

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**WEEK 4:**

**“Home is everything you can walk to.”** Rebecca Solnit

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**WEEK 5:**

***“When I'm in turmoil, when I can't think, when I'm exhausted and afraid and feeling very, very alone, I go for walks. It's just one of those things I do. I walk and I walk and sooner or later something comes to me, something to make me feel less like jumping off a building.”***Jim Butcher, Storm Front

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**WEEK 6:**

***“But the beauty is in the walking -- we are betrayed by destinations.”*** Gwyn Thomas

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|  | Weekly distance/step total: |  |  |