












WATER WALK LOG

Print this out to keep on top of your daily progress and note your thought for the day.
Keep going – and enjoy yourself!

<u>DAY 7</u>	5 miles  	<input type="text"/>	<u>35 miles</u>
<u>DAY 6</u>	5 miles  	<input type="text"/>	<u>30 miles</u>
<u>DAY 5</u>	5 miles  	<input type="text"/>	<u>25 miles</u>
<u>DAY 4</u>	5 miles  	<input type="text"/>	<u>20 miles</u>
<u>DAY 3</u>	5 miles  	<input type="text"/>	<u>15 miles</u>
<u>DAY 2</u>	5 miles  	<input type="text"/>	<u>10 miles</u>
<u>DAY 1</u>	5 miles  	<input type="text"/>	<u>5 miles</u>
Example Day	5 miles  	<input data-bbox="858 1715 1206 1805" type="text" value="Achy feet!"/>	