

Walk the Exodus

Keep track of your progress:

- 9/1: _____min.
- 9/2: _____min.
- 9/3: _____min.
- 9/4: _____min.
- 9/5: _____min.
- 9/6: Sunday, day of rest
- 9/7: _____min.
- 9/8: _____min.
- 9/9: _____min.
- 9/10: _____min.
- 9/11: _____min.
- 9/12: _____min.
- 9/13: Sunday, day of rest
- 9/14: _____min.
- 9/15: _____min.
- 9/16: _____min.
- 9/17: _____min.
- 9/18: _____min.
- 9/19: _____min.
- 9/20: Sunday, day of rest
- 9/21: _____min.
- 9/22: _____min.
- 9/23: _____min.
- 9/24: _____min.
- 9/25: _____min.
- 9/26: _____min.
- 9/27: Sunday, day of rest
- 9/28: _____min.
- 9/29: _____min.
- 9/30: _____min.
- Total: _____min.

15 minutes of activity = 1 mile