

*Fit As Fido* monthly walking calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Total
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**Chart instructions:** Check a *Fit As Fido* box every time you walk for 10 minutes. Your target is to walk at least 150 minutes per week—so 15 or more boxes should be checked each week. Write your total number of 10-minute walks in the Week Total column. If the number is 15 or more, circle the smiling Fido.