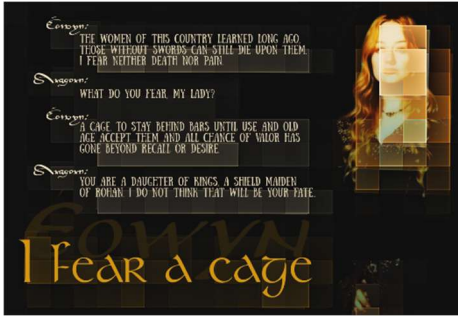




THE KINDSPRING EOWYN CHALLENGE 84-DAY WALKER'S ACTIVITIES & STEPS JOURNAL

Name: _____

Middle Earth Name: _____

Walking Goal: _____

DAY 1

Activity 1: _____

Minutes: _____

= Miles: _____

Activity 2: _____

Minutes: _____

= Miles: _____

Activity 3: _____

Minutes: _____

= Miles: _____

Day 1 Notes

Day 1 Total Miles

Journey Total

DAY 2

Activity 1: _____

Minutes: _____

= Miles: _____

Activity 2: _____

Minutes: _____

= Miles: _____

Activity 3: _____

Minutes: _____

= Miles: _____

Day 2 Notes

Day 2 Total Miles

Journey Total

DAY 3

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 3 Notes

_____	Day 3 Total Miles	Journey Total
-------	-------------------	---------------

DAY 4

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 4 Notes

_____	Day 4 Total Miles	Journey Total
-------	-------------------	---------------

DAY 5

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 5 Notes

Day 5 Total Miles

Journey Total

DAY 6

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 6 Notes

Day 6 Total Miles

Journey Total

DAY 7

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 7 Notes

Day 7 Total Miles

Journey Total

DAY 8

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 8 Notes

Day 8 Total Miles

Journey Total

DAY 9

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 9 Notes

Day 9 Total Miles

Journey Total

DAY 10

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 10 Notes

Day 10 Total Miles

Journey Total

DAY 11

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 11 Notes

Day 11 Total Miles Journey Total

DAY 12

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 12 Notes

Day 12 Total Miles Journey Total

DAY 13

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 13 Notes

Day 13 Total Miles Journey Total

DAY 14

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 14 Notes

Day 14 Total Miles Journey Total

DAY 15

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 15 Notes

Day 15 Total Miles Journey Total

DAY 16

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 16 Notes

Day 16 Total Miles Journey Total

DAY 17

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 17 Notes

Day 17 Total Miles Journey Total

DAY 18

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 18 Notes

Day 18 Total Miles Journey Total

DAY 19

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 19 Notes

Day 19 Total Miles Journey Total

DAY 20

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 20 Notes

Day 20 Total Miles Journey Total

DAY 21

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 21 Notes

Day 21 Total Miles Journey Total

DAY 22

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 22 Notes

Day 22 Total Miles Journey Total

DAY 23

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 23 Notes

Day 23 Total Miles Journey Total

DAY 24

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 24 Notes

Day 24 Total Miles Journey Total

DAY 25

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 25 Notes

Day 25 Total Miles Journey Total

DAY 26

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 26 Notes

Day 26 Total Miles Journey Total

DAY 27

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 27 Notes

Day 27 Total Miles Journey Total

DAY 28

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 28 Notes

Day 28 Total Miles Journey Total

DAY 29

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 29 Notes

Day 29 Total Miles Journey Total

DAY 30

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 30 Notes

Day 30 Total Miles Journey Total

DAY 31

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 31 Notes

Day 31 Total Miles Journey Total

DAY 32

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 32 Notes

Day 32 Total Miles Journey Total

DAY 33

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 33 Notes

Day 33 Total Miles Journey Total

DAY 34

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 34 Notes

Day 34 Total Miles Journey Total

DAY 35

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 35 Notes

Day 35 Total Miles Journey Total

DAY 36

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 36 Notes

Day 36 Total Miles Journey Total

DAY 37

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 37 Notes

Day 37 Total Miles Journey Total

DAY 38

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 38 Notes

Day 38 Total Miles Journey Total

DAY 39

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 39 Notes

Day 39 Total Miles Journey Total

DAY 40

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 40 Notes

Day 40 Total Miles Journey Total

DAY 41

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 41 Notes

Day 41 Total Miles Journey Total

DAY 42

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 42 Notes

Day 42 Total Miles Journey Total

DAY 43

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 43 Notes

_____ Day 43 Total Miles _____ Journey Total _____

DAY 44

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 44 Notes

_____ Day 44 Total Miles _____ Journey Total _____

DAY 45

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 45 Notes

Day 45 Total Miles Journey Total

DAY 46

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 46 Notes

Day 46 Total Miles Journey Total

DAY 47

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 47 Notes

Day 47 Total Miles Journey Total

DAY 48

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 48 Notes

Day 48 Total Miles Journey Total

DAY 49

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 49 Notes

Day 49 Total Miles Journey Total

DAY 50

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 50 Notes

Day 50 Total Miles Journey Total

DAY 51

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 51 Notes

_____	Day 51 Total Miles	_____
_____		Journey Total

DAY 52

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 52 Notes

_____	Day 52 Total Miles	_____
_____		Journey Total

DAY 53

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 53 Notes

Day 53 Total Miles Journey Total

DAY 54

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 54 Notes

Day 54 Total Miles Journey Total

DAY 55

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 55 Notes

Day 55 Total Miles Journey Total

DAY 56

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 56 Notes

Day 56 Total Miles Journey Total

DAY 57

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 57 Notes

Day 57 Total Miles Journey Total

DAY 58

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 58 Notes

Day 58 Total Miles Journey Total

DAY 59

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 59 Notes

Day 59 Total Miles Journey Total

DAY 60

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 60 Notes

Day 60 Total Miles Journey Total

DAY 61

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 61 Notes

Day 61 Total Miles Journey Total

DAY 62

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 62 Notes

Day 62 Total Miles Journey Total

DAY 63

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 63 Notes

Day 63 Total Miles Journey Total

DAY 64

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 64 Notes

Day 64 Total Miles Journey Total

DAY 65

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 65 Notes

Day 65 Total Miles Journey Total

DAY 66

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 66 Notes

Day 66 Total Miles Journey Total

DAY 67

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 67 Notes

Day 67 Total Miles Journey Total

DAY 68

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 68 Notes

Day 68 Total Miles Journey Total

DAY 69

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 69 Notes

_____ Day 69 Total Miles Journey Total

DAY 70

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 70 Notes

_____ Day 70 Total Miles Journey Total

DAY 71

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 71 Notes

_____ Day 71 Total Miles Journey Total

DAY 72

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 72 Notes

_____ Day 72 Total Miles Journey Total

DAY 73

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 73 Notes

Day 73 Total Miles Journey Total

DAY 74

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 74 Notes

Day 74 Total Miles Journey Total

DAY 75

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 75 Notes

Day 75 Total Miles Journey Total

DAY 76

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 76 Notes

Day 76 Total Miles Journey Total

DAY 77

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 77 Notes

Day 77 Total Miles Journey Total

DAY 78

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 78 Notes

Day 78 Total Miles Journey Total

DAY 79

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 79 Notes

Day 79 Total Miles Journey Total

DAY 80

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 80 Notes

Day 80 Total Miles Journey Total

DAY 81

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 81 Notes

_____	Day 82 Total Miles	Journey Total
-------	--------------------	---------------

DAY 82

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 82 Notes

_____	Day 82 Total Miles	Journey Total
-------	--------------------	---------------

DAY 83

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 83 Notes

Day 83 Total Miles Journey Total

DAY 84

Activity 1: _____
Minutes: _____
= Miles: _____

Activity 2: _____
Minutes: _____
= Miles: _____

Activity 3: _____
Minutes: _____
= Miles: _____

Day 84 Notes

Day 84 Total Miles Journey Total

Bag End to Rivendell Journey Total:

GRAND TOTAL:

(All walks so far. There are 17 in total.)

Journey Notes
