



			<b>Notes</b>			
Temperature	Your clothing and the temperature in which you are walking will affect your times					
Wind	Wind affect on performance	L = Low. M = Medium. H = high				
	Record distance Walked today.	K = Kilometres. M = Miles				
	Record your time in Min & Sec					
	Speed is calculated as follows:					
		Total minutes * 60 plus seconds taken equals total seconds. Divided by distance equals total seconds per kilometre or mile.				
		If the time taken equals 45 minutes and 45 seconds and the distance equals 4.5 kilometres				
		then:				
		45 minutes * 60 equals 2700 plus 45 = 2745 seconds for the walk. Divide that by 4.5 gives you get 610 seconds, which is 10.16 minutes per kilometre.				
		If the time taken equals 52 minutes and 12 seconds and the distance equals 4.8 kilometres				
		then:				
		52 minutes * 60 equals 3120 seconds plus 12 = 3132 seconds for the walk. Divide that by 4.8 gives you 652.5 seconds, which is 10.875 minutes per kilometre.				
	Remarks	Make a note of any health or injury problems. Also make a note of feeling good or having good news, which made you feel good.				