

SUMMER

Walking Journal

CAPTURE THE MOMENTS. CHERISH THE MEMORIES.



TODAY'S WALK

Date: _____

Time: _____

Location: _____

Weather: _____



HOW DID THIS WALK MAKE YOU FEEL?



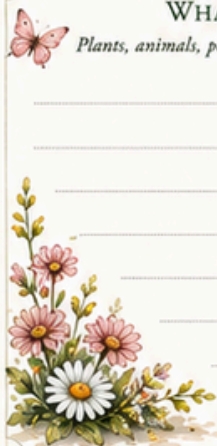
HIGHLIGHTS OF TODAY

1. _____
2. _____
3. _____
4. _____
5. _____



WHAT I SAW

Plants, animals, people, places, little details...



A MOMENT TO REMEMBER (DRAW, SKETCH OR ADD A PHOTO)



WHAT I HEARD, SMELLED AND NOTICED

Sounds _____

Scents _____

Details I Noticed _____



GRATEFUL FOR



A LESSON OR THOUGHT FROM TODAY'S WALK



ONE WORD TO DESCRIBE MY WALK



FAVORITE PHOTO OR MEMORY (PASTE OR DRAW HERE)



NOTES & REFLECTIONS

