EVERYDAY RHYTHMS

Walk & sniff journal

Remember the routes, discoveries and little wins.



TYPE INTO THE FIELDS OR PRINT AND WRITE BY HAND

WALKING BUDDIES

Pet / week beginning

OUT AND ABOUT

Date / route	Time outdoors	What my pet enjoyed / noticed

A ROUTE TO REVISIT / A CHANGE TO TRY

Fill in privately and save your own copy. Share only the details you choose.