Fort Wayne
Physical Medicine
A Conservative Nonsurgical Approach for Effective Pain and Injury Treatment

FORT WAYNE TRAILS

Name: _____

Fitness Goal: _____

Fitness Log

Beginning Weight: _____ lbs. Date: _____

Date	Activity	Distance	Comments

Current Weight: _____ lbs. Date: _____

Helpful Websites:

Download a TRAIL MAP of the Fort Wayne Trails, go to: **http://fwtrails.org/files/page/FWT_TrailMap_May2012_v1_1.pdf**

Download parking, existing trails, bike lanes, bike routes, and restroom information along the Fort Wayne Trails, go to: **http://fwtrails.org/maps.**

Please follow all discussed precautions for your exercise/activity recommendation(s) and do not exert beyond your comfort level. Please call us if you have any questions or concerns.

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