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# Camping Journal

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A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Fill in location and campsite number as soon as you arrive — details slip away fast
  - Note the weather morning and evening so you have the full picture
  - Write your highlight while it's fresh — the one moment that defined the day
  - Use the description to paint the scene: surroundings, sounds, smells, atmosphere
  - Rate the day and add notes — tips, lessons, or ideas for your next trip



Scan for a detailed guide on how to use this journal

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