

---



# Hiking Journal

---



A 30-Day Guided Journal



Table / Log

Created with LoomJournals

---

# How to Use This Journal

---

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

- 
- Fill in the date, trail name, and location after each hike
  - Record distance, elevation gain, and total duration
  - Rate difficulty from 1 to 5 and note the weather and terrain
  - Add companions you hiked with and your overall enjoyment rating
  - Use the highlights column to capture what made the hike special



Scan for a detailed guide on how to use this journal



























































