

date	workout
1-Nov	gym - 1 mile run, elliptical for 20 minutes, 30 minutes walking around the house in the shoes
2-Nov	20 minute walk, 30 minutes walking around the house in the shoes
3-Nov	20 minute walk
4-Nov	gym - 1 mile run, elliptical for 20 minutes,
5-Nov	gym - 1 mile run, weights for 35 minutes
6-Nov	20 minute walk, 45 minutes around the house in the shoes
7-Nov	N/A
8-Nov	gym - 1 mile run, weights for 35 minutes, 15 minutes walking around the house in the shoes
9-Nov	mopped kitchen floor in shoes (15 minutes) 20 minute walk
10-Nov	gym - 1 mile run, weights for 20 minutes
11-Nov	N/A
12-Nov	20 minute walk
13-Nov	N/A
14-Nov	20 minute walk, weights for 35 minutes
15-Nov	N/A
16-Nov	gym - 1 mile run, elliptical for 20 minutes, weights for 20 minutes
17-Nov	20 minute walk
18-Nov	20 minute walk, 30 minutes walking around the house in the shoes
19-Nov	N/A
20-Nov	gym - 1 mile run, elliptical for 20 minutes, weights for 20 minutes
21-Nov	gym - 1 mile run, weights for 30 minutes, cleaned the house for an hour in the shoes
22-Nov	20 minute walk, gym, weights for 20 minutes
23-Nov	gym - 1 mile run, weights for 20 minutes
24-Nov	N/A
25-Nov	N/A
26-Nov	gym - elliptical for 30 minutes, weights for 20 minutes
27-Nov	20 minute walk, 30 minutes around the house in the shoes
28-Nov	20 minute walk, 20 minutes around the house in the shoes
29-Nov	20 minute walk, 4 hours in the shoes at work
30-Nov	gym - elliptical for 30 minutes, weights for 30 minutes