



# Summer Walking Challenge Tracking Sheet

## August, 2021



Name: \_\_\_\_\_

I am recording my progress in (Circle One):

*Time (Minutes/Hours)*

*Distance( Kilometers)*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Wk 7	August-01-21	August-02-21	August-03-21	August-04-21	August-05-21	August-06-21	August-07-21	---	Weekly Total
Wk8	August-08-21	August-09-21	August-10-21	August-11-21	August-12-21	August-13-21	August-14-21	---	Weekly Total
Wk 9	August-15-21	August-16-21	August-17-21	August-18-21	August-19-21	August-20-21	August-21-21	---	Weekly Total
Wk 10	August-22-21	August-23-21	August-24-21	August-25-21	August-26-21	August-27-21	August-28-21	---	Weekly Total
Wk 11	August-29-21	August-30-21	August-31-21					---	Weekly Total
									Monthly Total
GRAND TOTAL (June/July/August)									