



Summer Walking Challenge Tracking Sheet

September 13 -October 23, 2020



Name: _____

I am recording my progress in (Circle One):

Time (Minutes/Hours)

Distance(Kilometers)

Wk 1	September-13-20	September-14-20	September-15-20	September-16-20	September-17-20	September-18-20	September-19-20	— —	Week total
Wk 2	September-20-20	September-21-20	September-22-20	September-23-20	September-24-20	September-25-20	September-26-20	— —	Week total
Wk 3	September-27-20	September-28-20	September-29-20	September-30-20	October-01-20	October-02-20	October-03-20	— —	Week total
Wk 4	October-04-20	October-05-20	October-06-20	October-07-20	October-08-20	October-09-20	October-10-20	— —	Week total
Wk 5	October-11-20	October-12-20	October-13-20	October-14-20	October-15-20	October-16-20	October-17-20	— —	Week total
Wk 6	October-17-20	October-18-20	October-19-20	October-20-20	October-21-20	October-22-20	October-23-20	— —	Week total
									Monthly Total



Summer Walking Challenge Tracking Sheet

October 24 -November 20, 2020



Name: _____

I am recording my progress in (Circle One):

Time (Minutes/Hours)

Distance(Kilometers)

Wk 7	October-24-20	October-25-20	October-26-20	October-27-20	October-28-20	October-29-20	October-30-20	---	Week total
Wk 8	October-31-20	November-01-20	November-02-20	November-03-20	November-04-20	November-05-20	November-06-20	---	Week total
Wk 9	November-07-20	November-08-20	November-09-20	November-10-20	November-11-20	November-12-20	November-13-20	---	Week total
Wk 10	November-14-20	November-15-20	November-16-20	November-17-20	November-18-20	November-19-20	November-20-20	---	Week total
	November-21-20	November-22-20						---	Week total
									Monthly Total