

OUTDOOR SUMMER WALKING CHALLENGE

2024 Tracking Sheet


Name: _____

Phone number: _____

How will you be tracking your progress (check one):

Time (hours and minutes)

Distance (kilometers)

JULY & AUGUST								
Week 1		Monday, July 1	Tuesday, July 2	Wednesday, July 3	Thursday, July 4	Friday, July 5	Saturday, July 6	WEEKLY TOTAL
Jul 1 - 6								
Week 2	Sunday, July 7	Monday, July 8	Tuesday, July 9	Wednesday, July 10	Thursday, July 11	Friday, July 12	Saturday, July 13	WEEKLY TOTAL
Jul 7-13								
Week 3	Sunday, July 14	Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19	Saturday, July 20	WEEKLY TOTAL
Jul 14-20								
Week 4	Sunday, July 21	Monday, July 22	Tuesday, July 23	Wednesday, July 24	Thursday, July 25	Friday, July 26	Saturday, July 27	WEEKLY TOTAL
Jul 21-27								
Week 5	Sunday, July 28	Monday, July 29	Tuesday, July 30	Wednesday, July 31	Thursday, August 1	Friday, August 2	Saturday, August 3	WEEKLY TOTAL
Jul 28- Aug 3								
Week 6	Sunday, August 4	Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9	Saturday, August 10	WEEKLY TOTAL
Aug 4 - 10								
Week 7	Sunday, August 11	Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16	Saturday, August 17	WEEKLY TOTAL
Aug 11 - 17								
Week 8	Sunday, August 18	Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23	Saturday, August 24	WEEKLY TOTAL
Aug 18 - 24								
Week 9	Sunday, August 25	Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30	Saturday, August 31	WEEKLY TOTAL
Aug 25 - 31								
								OVERALL TOTAL

Submission Deadline, September 6: email completed form to recreation@fortstjohn.ca or drop off at the Visitor Information Centre.

Prizes will be awarded for the most time spent walking and the most distance logged.