



# Summer Walking Challenge Tracking Sheet

## August Tracking Sheet



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

I am recording my progress in (Circle One):

*Time (Minutes/Hours)*

*Distance(Kilometers)*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>Wk 5</b>			Tuesday, August 1, 2023	Wednesday, August 2, 2023	Thursday, August 3, 2023	Friday, August 4, 2023	Saturday, August 5, 2023	---	<b>Weekly Total</b>
<b>Wk 6</b>	Sunday, August 6, 2023	Monday, August 7, 2023	Tuesday, August 8, 2023	Wednesday, August 9, 2023	Thursday, August 10, 2023	Friday, August 11, 2023	Saturday, August 12, 2023	---	<b>Weekly Total</b>
<b>Wk 7</b>	Sunday, August 13, 2023	Monday, August 14, 2023	Tuesday, August 15, 2023	Wednesday, August 16, 2023	Thursday, August 17, 2023	Friday, August 18, 2023	Saturday, August 19, 2023	---	<b>Weekly Total</b>
<b>Wk 8</b>	Sunday, August 20, 2023	Monday, August 21, 2023	Tuesday, August 22, 2023	Wednesday, August 23, 2023	Thursday, August 24, 2023	Friday, August 25, 2023	Saturday, August 26, 2023	---	<b>Weekly Total</b>
<b>Wk 9</b>	Sunday, August 27, 2023	Monday, August 28, 2023	Tuesday, August 29, 2023	Wednesday, August 30, 2023	Thursday, August 31, 2023			---	<b>Weekly Total</b>
									<b>Monthly Total</b>
									<b>GRAND TOTAL (July/August)</b>