Summer Walking Challenge Tracking Sheet

July Tracking Sheet

Name: _____

I am recording my progress in (Cirlcle One): *Time (Minutes/Hours)* *Distance(Kilometers)*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Week 1	Sunday, July 2, 2023	Monday, July 3, 2023	Tuesday, July 4, 2023	Wednesday, July 5, 2023	Thursday, July 6, 2023	Friday, July 7, 2023	Saturday, July 8, 2023	——	**Weekly Total**
Week 2	Sunday, July 9, 2023	Monday, July 10, 2023	Tuesday, July 11, 2023	Wednesday, July 12, 2023	Thursday, July 13, 2023	Friday, July 14, 2023	Saturday, July 15, 2023	——	**Weekly Total**
Week 3	Sunday, July 16, 2023	Monday, July 17, 2023	Tuesday, July 18, 2023	Wednesday, July 19, 2023	Thursday, July 20, 2023	Friday, July 21, 2023	Saturday, July 22, 2023	——	**Weekly Total**
Week 4	Sunday, July 23, 2023	Monday, July 24, 2023	Tuesday, July 25, 2023	Wednesday, July 26, 2023	Thursday, July 27, 2023	Friday, July 28, 2023	Saturday, July 29, 2023	——	**Weekly Total**
Week 5	Sunday, July 30, 2023	Monday, July 31, 2023						——	**Weekly Total**
									Monthly Total