



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		
Wk 5		Monday, August 1, 2022	Tuesday, August 2, 2022	Wednesday, August 3, 2022	Thursday, August 4, 2022	Friday, August 5, 2022	Saturday, August 6, 2022	---	Weekly Total
Wk 6	Sunday, August 7, 2022	Monday, August 8, 2022	Tuesday, August 9, 2022	Wednesday, August 10, 2022	Thursday, August 11, 2022	Friday, August 12, 2022	Saturday, August 13, 2022	---	Weekly Total
Wk 7	Sunday, August 14, 2022	Monday, August 15, 2022	Tuesday, August 16, 2022	Wednesday, August 17, 2022	Thursday, August 18, 2022	Friday, August 19, 2022	Saturday, August 20, 2022	---	Weekly Total
Wk 8	Sunday, August 21, 2022	Monday, August 22, 2022	Tuesday, August 23, 2022	Wednesday, August 24, 2022	Thursday, August 25, 2022	Friday, August 26, 2022	Saturday, August 27, 2022	---	Weekly Total
Wk 9	Sunday, August 28, 2022	Monday, August 29, 2022	Tuesday, August 30, 2022	Wednesday, August 31, 2022				---	Weekly Total
									Monthly Total
									GRAND TOTAL (July/August)