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				Wednesday, July 6, 2022	Thursday, July 7, 2022	Friday, July 8, 2022	Saturday, July 9, 2022	——	**Weekly Total**
Week 2	Sunday, July 10, 2022	Monday, July 11, 2022	Tuesday, July 12, 2022	Wednesday, July 13, 2022	Thursday, July 14, 2022	Friday, July 15, 2022	Saturday, July 16, 2022	——	**Weekly Total**
Week 3	Sunday, July 17, 2022	Monday, July 18, 2022	Tuesday, July 19, 2022	Wednesday, July 20, 2022	Thursday, July 21, 2022	Friday, July 22, 2022	Saturday, July 23, 2022	——	**Weekly Total**
Week 4	Sunday, July 24, 2022	Monday, July 25, 2022	Tuesday, July 26, 2022	Wednesday, July 27, 2022	Thursday, July 28, 2022	Friday, July 29, 2022	Saturday, July 30, 2022	——	**Weekly Total**
Week 5	Sunday, July 31, 2022							——	**Weekly Total**
									Monthly Total