



OUTDOOR SUMMER

Walking Challenge

Name: _____

Phone number: _____

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

Time (use decimals — e.g., 1.25 = 1 hr 15 min)

Distance (in kilometers)

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

OVERALL TOTAL

Submission Deadline, September 5: 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.

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