



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

OVERALL TOTAL

Submission Deadline, September 4: 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.

--