



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)

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

Submission Deadline, November 6: 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.

Note: This is a self-tracked honour system that should only include distance/time walked during outdoors. Participants may use technology (fitbits, etc.) for reference but must only record distances and time walked on tracking sheets. “Steps” will not be counted as a tracking system.