WALKTOBER Log Form

Name:	Goal:	per	day
		•	•

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 M	6 M	7	8	9	10
11	12	13	14	15	16	17
18	19 5	20 50	21	22	23	24
25	26	27	28	29	30	31

Begin recording your activity on October 4. As you progress through the program, you will record the number of minutes you walk in each of the leaves. Your goal is for your team to walk a MINIMUM of 450 minutes a week during the 4 week program. The idea is to have a challenging target for **Walktober** and to develop a walking habit you can maintain.

Return completed log forms to Betty Malcom by November 7.