

Walk Across Williamson - Walking Log

February 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|--|
| 1 _____ Minutes | 2 _____ Minutes | 3 _____ Minutes | 4 _____ Minutes | 5 _____ Minutes | 6 _____ Minutes | 7 Designated Park Day! Name of park: _____ _____ Minutes |
| 8 _____ Minutes | 9 _____ Minutes | 10 _____ Minutes | 11 _____ Minutes | 12 _____ Minutes | 13 _____ Minutes | 14 _____ Minutes |
| 15 _____ Minutes | 16 _____ Minutes | 17 _____ Minutes | 18 _____ Minutes | 19 _____ Minutes | 20 _____ Minutes | 21 _____ Minutes |
| 22 _____ Minutes | 23 _____ Minutes | 24 _____ Minutes | 25 _____ Minutes | 26 _____ Minutes | 27 _____ Minutes | 28 _____ Minutes |
| | | | | | | |

NAME _____ CIRCLE ONE: Family/Individual
 CIRCLE AGE GROUP: Youth (under 18) / Adult (18-54) / Senior (55+)

How to use this log:

Record total daily minutes walked or ran on each date.

(1mile = 20 minutes)

Your total minutes for each month will be calculated towards the April 18th celebration at Pinkerton Park.

Family members turn logs in together to count for the individual and the family.

Receive a new monthly log sheet on the first Saturday of each month at any of the designated parks.

Set Goals!

1. 3-6 times per week.
2. Minimum 20 minutes per day. (30-60 is ideal)
3. Minimum 250 minutes per month.
4. Remember: Some is always better than none!

Total Monthly Minutes:
