

Walk Across Williamson - Walking Log

March 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
29 _____ Minutes	30 _____ Minutes	31 _____ 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.
(1 mile = 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:
