

WALKING LOG

Use this log to keep track of your challenge points each day. Mark down one point below for every 10 minutes of walking. Challenge yourself and each other to walk a little more every day. Add the total number of points at the end of the challenge and submit your log to the challenge coordinator. Don't forget to add in your Connection points! Each connection activity completed is worth 3 points (equivalent of 30 minutes of walking).

PARTICIPANT NAME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
TOTAL CHALLENGE POINTS								