

## Challenge Walking Club Record - 10k-a-day (walk 10,000+ steps per day)

Name: \_\_\_\_\_

Date Started Walking: \_\_\_\_\_

Date Walked:	Distance:
October 1	
October 2	
October 3	
October 4	
October 5	
October 6	
October 7	
October 8	
October 9	
October 10	
October 11	
October 12	
October 13	
October 14	
October 15	
October 16	
October 17	
October 18	
October 19	
October 20	
October 21	
October 22	
October 23	
October 24	
October 25	
October 26	
October 27	
October 28	
October 29	
October 30	
October 31	

Date Walked:	Distance:
November 1	
November 2	
November 3	
November 4	
November 5	
November 6	
November 7	
November 8	
November 9	
November 10	
November 11	
November 12	
November 13	
November 14	
November 15	
November 16	
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November 19	
November 20	
November 21	
November 22	
November 23	
November 24	
November 25	
November 26	
November 27	
November 28	
November 29	
November 30	

Date Walked:	Distance:
December 1	
December 2	
December 3	
December 4	
December 5	
December 6	
December 7	
December 8	
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December 10	
December 11	
December 12	
December 13	
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December 19	
December 20	
December 21	
December 22	
December 23	
December 24	
December 25	
December 26	
December 27	
December 28	
December 29	
December 30	
December 31	

Turn in your record to HR at the end of each quarter for points award.

4<sup>th</sup> Quarter, October - December, 2015

To measure steps, a pedometer will be supplied. Log the number of steps each day even if you don't hit the 10,000 step goal.