

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

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

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

Date Walked:	Distance:
April 1, 2016	
April 2, 2016	
April 3, 2016	
April 4, 2016	
April 5, 2016	
April 6, 2016	
April 7, 2016	
April 8, 2016	
April 9, 2016	
April 10, 2016	
April 11, 2016	
April 12, 2016	
April 13, 2016	
April 14, 2016	
April 15, 2016	
April 16, 2016	
April 17, 2016	
April 18, 2016	
April 19, 2016	
April 20, 2016	
April 21, 2016	
April 22, 2016	
April 23, 2016	
April 24, 2016	
April 25, 2016	
April 26, 2016	
April 27, 2016	
April 28, 2016	
April 29, 2016	
April 30, 2016	

Date Walked:	Distance:
May 1, 2016	
May 2, 2016	
May 3, 2016	
May 4, 2016	
May 5, 2016	
May 6, 2016	
May 7, 2016	
May 8, 2016	
May 9, 2016	
May 10, 2016	
May 11, 2016	
May 12, 2016	
May 13, 2016	
May 14, 2016	
May 15, 2016	
May 16, 2016	
May 17, 2016	
May 18, 2016	
May 19, 2016	
May 20, 2016	
May 21, 2016	
May 22, 2016	
May 23, 2016	
May 24, 2016	
May 25, 2016	
May 26, 2016	
May 27, 2016	
May 28, 2016	
May 29, 2016	
May 30, 2016	
May 31, 2016	

Date Walked:	Distance:
June 1, 2016	
June 2, 2016	
June 3, 2016	
June 4, 2016	
June 5, 2016	
June 6, 2016	
June 7, 2016	
June 8, 2016	
June 9, 2016	
June 10, 2016	
June 11, 2016	
June 12, 2016	
June 13, 2016	
June 14, 2016	
June 15, 2016	
June 16, 2016	
June 17, 2016	
June 18, 2016	
June 19, 2016	
June 20, 2016	
June 21, 2016	
June 22, 2016	
June 23, 2016	
June 24, 2016	
June 25, 2016	
June 26, 2016	
June 27, 2016	
June 28, 2016	
June 29, 2016	
June 30, 2016	

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

2<sup>nd</sup> Quarter, April-June, 2016

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.