



Weekly Tracker

Log the minutes you walk each day in the chart below. Remember, walk in at least 10-minute increments and aim for a minimum goal of 150 minutes each week to be eligible for our weekly and grand prize drawings! Submit your tracker every Monday.

Name _____

Email _____

Phone _____

Week 1

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes Walked								

Week 2

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes Walked								

Week 3

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes Walked								

Week 4

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes Walked								

Week 5

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes Walked								

Week 6

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes Walked								

Week 7

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes Walked								

Week 8

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes Walked								

