ARK

And

ALK

Walking lake Pepin

Active Living 2019

Just for the Health of It !

Name(s) _____ Walking Log

Record minutes walked each Day

	SUN	MON	TUE	WED	THU	FRI	SAT	YOUR TOTAL
WEEKK 1 June 9 - June 15								
WEEK 2 June 16 - June 22								
WEEK 3 June 23- June 29								
WEEK 4 June 30 - July 6								
WEEK 5 July 7 - July 13								
WEEK 6 July 14- July1 20								
WEEK 7 July 21 - July 27								
WEEK 8 July 28- August 3								
Week 9 August 4 - August 10								
Week 10 August 11- August 17								