Graham Walks - Activity Tracker

Please use the check boxes below to document completing your activity on the corresponding days. You may use the "Total Amount" question to document your specific accomplishment (total steps, miles, minutes, etc.).
Get moving, Graham!

Name: _____

Email: _____

What is your overall goal for this program? (Ex: Walk 2 miles 3 days/week, walk 5,000 steps each week, etc.)

_____

_____

Week 1: April 21 - April 27

- ☐ April 21
- ☐ April 22
- ☐ April 23
- ☐ April 24
- ☐ April 25
- ☐ April 26
- ☐ April 27

Week 1: Total Amount

_____

Week 2: April 27 - May 4

- ☐ April 28
- ☐ April 29
- ☐ April 30
- ☐ May 1
- ☐ May 2
- ☐ May 3
- ☐ May 4

Week 2: Total Amount

_____

Week 3: May 5 - May 11

- ☐ May 5
- ☐ May 6
- ☐ May 7
- ☐ May 8
- ☐ May 9
- ☐ May 10
- ☐ May 11

Week 3: Total Amount

_____

Week 4: May 12 - May 18

- ☐ May 12
- ☐ May 13
- ☐ May 14
- ☐ May 15
- ☐ May 16
- ☐ May 17
- ☐ May 18

Week 4: Total Amount

_____

Week 5: May 19 - May 25

- ☐ May 19
- ☐ May 20
- ☐ May 21
- ☐ May 22
- ☐ May 23
- ☐ May 24
- ☐ May 25

Week 5: Total Amount

_____

Did you accomplish your goal during Graham Walks?

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