

Thursdays, September 7-October 12
 11:30am-1:00pm: Downtown Graham
 5:30-7:00pm: Bill Cooke Park (1010 Townbranch)

Graham Walks Walking Log

Name:
 Telephone:
 E-Mail:

Sept 7 – Sept 13		
	STEPS	MILES
Thursday Sept 7		
Friday Sept 8		
Saturday Sept 9		
Sunday Sept 10		
Monday Sept 11		
Tuesday Sept 12		
Wednesday Sept 13		
TOTAL		

Sept 14 – Sept 20		
	STEPS	MILES
Thursday Sept 14		
Friday Sept 15		
Saturday Sept 16		
Sunday Sept 17		
Monday Sept 18		
Tuesday Sept 19		
Wednesday Sept 20		
TOTAL		

Sept 21 – Sept 27		
	STEPS	MILES
Thursday Sept 21		
Friday Sept 22		
Saturday Sept 23		
Sunday Sept 24		
Monday Sept 25		
Tuesday Sept 26		
Wednesday Sept 27		
TOTAL		

Remember to bring your walking log each time you check in or e-mail to adavis@cityofgraham.com each week
 In case of rain, walks will be held at the Graham Recreation Center, 311 College St.

Sept 28 – Oct 4		
	STEPS	MILES
Thursday Sept 28		
Friday Sept 29		
Saturday Sept 30		
Sunday Oct 1		
Monday Oct 2		
Tuesday Oct 3		
Wednesday Oct 4		
TOTAL		

Oct 5 – Oct 12		
	STEPS	MILES
Thursday Oct 5		
Friday Oct 6		
Saturday Oct 7		
Sunday Oct 8		
Monday Oct 9		
Tuesday Oct 10		
Wednesday Oct 11		
Thursday Oct 12		
TOTAL		



EVERY SEASON STARTS AT



2000 Steps = 1 Mile

Walking logs must be kept up with by participant and turned in on or before October 12 to be eligible for the grand prize. You must have also walked an average of 6K steps per day within the program time frame to be eligible for the grand prize.