

Check in on Wednesdays @  
Shamrock Nutrition  
September 4-October 9, 2019



# Walking Log



**2000 Steps  
= 1 Mile**

Sept 4-10		
	STEPS	MILES
Wednesday Sept 4		
Thursday Sept 5		
Friday Sept 6		
Saturday Sept 7		
Sunday Sept 8		
Monday Sept 9		
Tuesday Sept 10		
<b>TOTAL</b>		

Sept 11-17		
	STEPS	MILES
Wednesday Sept 11		
Thursday Sept 12		
Friday Sept 13		
Saturday Sept 14		
Sunday Sept 15		
Monday Sept 16		
Tuesday Sept 17		
<b>TOTAL</b>		

Sept 18-24		
	STEPS	MILES
Wednesday Sept 18		
Thursday Sept 19		
Friday Sept 20		
Saturday Sept 21		
Sunday Sept 22		
Monday Sept 23		
Tuesday Sept 24		
<b>TOTAL</b>		

Remember to bring your walking log each time you check in or e-mail to [vbraniff@cityofgraham.com](mailto:vbraniff@cityofgraham.com) each week.

Sept 25-Oct 1		
	STEPS	MILES
Wednesday Sept 25		
Thursday Sept 26		
Friday Sept 27		
Saturday Sept 28		
Sunday Sept 29		
Monday Sept 30		
Tuesday Oct 1		
<b>TOTAL</b>		

Oct 2-8		
	STEPS	MILES
Wednesday Oct 2		
Thursday Oct 3		
Friday Oct 4		
Saturday Oct 5		
Sunday Oct 6		
Monday Oct 7		
Tuesday Oct 8		
Wednesday Oct 9	Turn in walking logs at Shamrock	
<b>TOTAL</b>		

## Thanks to our sponsors:



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

Age: \_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Walking logs must be filled in by participant and turned in by October 9<sup>th</sup> to be eligible for a Graham Walks T-Shirt. You must have also walked an average of 8K steps per day within the program time frame to be eligible for the prize drawings