



Graham Walks Spring 2020

Walking Log



Graham Walks Dates: April 29 – June 3 (5 weeks)

Meet on Wednesdays from 8:00am – 2:00pm & 5:30pm – 7:00pm

Location: Shamrock Nutrition • 146 South Main Street, Graham, North Carolina 27253 *subject to change

Each week turn in the results of your Walking Log or email to vbraniff@cityofgraham.com (see website for details)

WEEK 1: April 29 – May 5		
	STEPS	MILES
Wednesday 04/29		
Thursday 04/30		
Friday 05/01		
Saturday 05/02		
Sunday 05/03		
Monday 05/04		
Tuesday 05/05		
TOTAL		

WEEK 2: May 6 – May 12		
	STEPS	MILES
Wednesday 05/06		
Thursday 05/07		
Friday 05/08		
Saturday 05/09		
Sunday 05/10		
Monday 05/11		
Tuesday 05/12		
TOTAL		

WEEK 3: May 13 – May 19		
	STEPS	MILES
Wednesday 05/13		
Thursday 05/14		
Friday 05/15		
Saturday 05/16		
Sunday 05/17		
Monday 05/18		
Tuesday 05/19		
TOTAL		

WEEK 4: May 20 – May 26		
	STEPS	MILES
Wednesday 05/20		
Thursday 05/21		
Friday 05/22		
Saturday 05/23		
Sunday 05/24		
Monday 05/25		
Tuesday 05/26		
TOTAL		

WEEK 5: May 27 – June 2		
	STEPS	MILES
Wednesday 05/27		
Thursday 05/28		
Friday 05/29		
Saturday 05/30		
Sunday 05/31		
Monday 06/01		
Tuesday 06/02		
TOTAL		

(Please Print)

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Cell: _____

Email*: _____

Age: _____

T-Shirt Size: _____

Following the 5 weeks, all participants that turned in their Walking Logs for the 5 weeks, completing the program, will be eligible to receive a Graham Walks T-Shirt and be entered into the grand prize drawing (one per person). **All Walking Logs must be turned in on or before June 5, 2020.**

For more information, please visit www.GrahamRecreationAndParks.com. #GrahamWalks