



Graham Walks Fall 2020 Walking Log



Graham Walks Dates: September 16 – October 21 (5 weeks)

Meet on Wednesdays from 9:00am – 2:00pm & 5:30pm – 7:00pm

Location: Shamrock Nutrition • 146 South Main Street, Graham, North Carolina 27253

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

WEEK 1: September 16 - 22		
	STEPS	MILES
Wednesday 09/16		
Thursday 09/17		
Friday 09/18		
Saturday 09/19		
Sunday 09/20		
Monday 09/21		
Tuesday 09/22		
TOTAL		

WEEK 2: September 23 - 29		
	STEPS	MILES
Wednesday 09/23		
Thursday 09/24		
Friday 09/25		
Saturday 09/26		
Sunday 09/27		
Monday 09/28		
Tuesday 09/29		
TOTAL		

WEEK 3: Sept. 30 – Oct. 6		
	STEPS	MILES
Wednesday 09/30		
Thursday 10/01		
Friday 10/02		
Saturday 10/03		
Sunday 10/04		
Monday 10/05		
Tuesday 10/06		
TOTAL		

WEEK 4: October 7 - 13		
	STEPS	MILES
Wednesday 10/07		
Thursday 10/08		
Friday 10/09		
Saturday 10/10		
Sunday 10/11		
Monday 10/12		
Tuesday 10/13		
TOTAL		

WEEK 5: October 14 - 20		
	STEPS	MILES
Wednesday 10/14		
Thursday 10/15		
Friday 10/16		
Saturday 10/17		
Sunday 10/18		
Monday 10/19		
Tuesday 10/20		
TOTAL		

(Please Print)

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Cell: _____

Email: _____

Age: _____

T-Shirt Size: _____

YOUR GOAL: _____

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 Friday, October 23.**

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