

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: Oct. 13 – Oct. 19

| | |
|--------------------------|------------|
| <input type="checkbox"/> | October 13 |
| <input type="checkbox"/> | October 14 |
| <input type="checkbox"/> | October 15 |
| <input type="checkbox"/> | October 16 |
| <input type="checkbox"/> | October 17 |
| <input type="checkbox"/> | October 18 |
| <input type="checkbox"/> | October 19 |

Week 1: Total Amount

Week 2: Oct.20 – Oct. 26

| | |
|--------------------------|------------|
| <input type="checkbox"/> | October 20 |
| <input type="checkbox"/> | October 21 |
| <input type="checkbox"/> | October 22 |
| <input type="checkbox"/> | October 23 |
| <input type="checkbox"/> | October 24 |
| <input type="checkbox"/> | October 25 |
| <input type="checkbox"/> | October 26 |

Week 2: Total Amount

Week 3: Oct. 27 – Nov. 2

| | |
|--------------------------|------------|
| <input type="checkbox"/> | October 27 |
| <input type="checkbox"/> | October 28 |
| <input type="checkbox"/> | October 29 |
| <input type="checkbox"/> | October 30 |
| <input type="checkbox"/> | October 31 |
| <input type="checkbox"/> | November 1 |
| <input type="checkbox"/> | November 2 |

Week 3: Total Amount

Week 4: Nov. 3 – Nov. 9

| | |
|--------------------------|------------|
| <input type="checkbox"/> | November 3 |
| <input type="checkbox"/> | November 4 |
| <input type="checkbox"/> | November 5 |
| <input type="checkbox"/> | November 6 |
| <input type="checkbox"/> | November 7 |
| <input type="checkbox"/> | November 8 |
| <input type="checkbox"/> | November 9 |

Week 4: Total Amount

Week 5: Nov. 10 – Nov. 16

| | |
|--------------------------|-------------|
| <input type="checkbox"/> | November 10 |
| <input type="checkbox"/> | November 11 |
| <input type="checkbox"/> | November 12 |
| <input type="checkbox"/> | November 13 |
| <input type="checkbox"/> | November 14 |
| <input type="checkbox"/> | November 15 |
| <input type="checkbox"/> | November 16 |

Week 5: Total Amount

Did you accomplish your goal during Graham Walks?

