

# 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: October 2-8

<input type="checkbox"/>	October 2
<input type="checkbox"/>	October 3
<input type="checkbox"/>	October 4
<input type="checkbox"/>	October 5
<input type="checkbox"/>	October 6
<input type="checkbox"/>	October 7
<input type="checkbox"/>	October 8

Week 1: Total Amount

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## Week 2: October 9-15

<input type="checkbox"/>	October 9
<input type="checkbox"/>	October 10
<input type="checkbox"/>	October 11
<input type="checkbox"/>	October 12
<input type="checkbox"/>	October 13
<input type="checkbox"/>	October 14
<input type="checkbox"/>	October 15

Week 2: Total Amount

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## Week 3: October 16-22

<input type="checkbox"/>	October 16
<input type="checkbox"/>	October 17
<input type="checkbox"/>	October 18
<input type="checkbox"/>	October 19
<input type="checkbox"/>	October 20
<input type="checkbox"/>	October 21
<input type="checkbox"/>	October 22

Week 3: Total Amount

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## Week 4: October 23 -29

<input type="checkbox"/>	October 23
<input type="checkbox"/>	October 24
<input type="checkbox"/>	October 25
<input type="checkbox"/>	October 26
<input type="checkbox"/>	October 27
<input type="checkbox"/>	October 28
<input type="checkbox"/>	October 29

Week 4: Total Amount

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## Week 5: October 30 – November 5

<input type="checkbox"/>	October 30
<input type="checkbox"/>	October 31
<input type="checkbox"/>	November 1
<input type="checkbox"/>	November 2
<input type="checkbox"/>	November 3
<input type="checkbox"/>	November 4
<input type="checkbox"/>	November 5

Week 5: Total Amount

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Did you accomplish your goal during Graham Walks?

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