

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: May 7 – May 13

| | |
|--------------------------|--------|
| <input type="checkbox"/> | May 7 |
| <input type="checkbox"/> | May 8 |
| <input type="checkbox"/> | May 9 |
| <input type="checkbox"/> | May 10 |
| <input type="checkbox"/> | May 11 |
| <input type="checkbox"/> | May 12 |
| <input type="checkbox"/> | May 13 |

Week 1: Total Amount

Week 2: May 14 – May 20

| | |
|--------------------------|--------|
| <input type="checkbox"/> | May 14 |
| <input type="checkbox"/> | May 15 |
| <input type="checkbox"/> | May 16 |
| <input type="checkbox"/> | May 17 |
| <input type="checkbox"/> | May 18 |
| <input type="checkbox"/> | May 19 |
| <input type="checkbox"/> | May 20 |

Week 2: Total Amount

Week 3: May 21 – May 27

| | |
|--------------------------|--------|
| <input type="checkbox"/> | May 21 |
| <input type="checkbox"/> | May 22 |
| <input type="checkbox"/> | May 23 |
| <input type="checkbox"/> | May 24 |
| <input type="checkbox"/> | May 25 |
| <input type="checkbox"/> | May 26 |
| <input type="checkbox"/> | May 27 |

Week 3: Total Amount

Week 4: May 28 – June 3

| | |
|--------------------------|--------|
| <input type="checkbox"/> | May 28 |
| <input type="checkbox"/> | May 29 |
| <input type="checkbox"/> | May 30 |
| <input type="checkbox"/> | May 31 |
| <input type="checkbox"/> | June 1 |
| <input type="checkbox"/> | June 2 |
| <input type="checkbox"/> | June 3 |

Week 4: Total Amount

Week 5: June 4 – June 10

| | |
|--------------------------|---------|
| <input type="checkbox"/> | June 4 |
| <input type="checkbox"/> | June 5 |
| <input type="checkbox"/> | June 6 |
| <input type="checkbox"/> | June 7 |
| <input type="checkbox"/> | June 8 |
| <input type="checkbox"/> | June 9 |
| <input type="checkbox"/> | June 10 |

Week 5: Total Amount

Did you accomplish your goal during Graham Walks?

