

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 1 – Oct 7

<input type="checkbox"/>	Oct 1
<input type="checkbox"/>	Oct 2
<input type="checkbox"/>	Oct 3
<input type="checkbox"/>	Oct 4
<input type="checkbox"/>	Oct 5
<input type="checkbox"/>	Oct 6
<input type="checkbox"/>	Oct 7

Week 1: Total Amount

Week 2: Oct 8 – Oct 14

<input type="checkbox"/>	Oct 8
<input type="checkbox"/>	Oct 9
<input type="checkbox"/>	Oct 10
<input type="checkbox"/>	Oct 11
<input type="checkbox"/>	Oct 12
<input type="checkbox"/>	Oct 13
<input type="checkbox"/>	Oct 14

Week 2: Total Amount

Week 3: Oct 15 – Oct 21

<input type="checkbox"/>	Oct 15
<input type="checkbox"/>	Oct 16
<input type="checkbox"/>	Oct 17
<input type="checkbox"/>	Oct 18
<input type="checkbox"/>	Oct 19
<input type="checkbox"/>	Oct 20
<input type="checkbox"/>	Oct 21

Week 3: Total Amount

Week 4: Oct 22 – Oct 28

<input type="checkbox"/>	Oct 22
<input type="checkbox"/>	Oct 23
<input type="checkbox"/>	Oct 24
<input type="checkbox"/>	Oct 25
<input type="checkbox"/>	Oct 26
<input type="checkbox"/>	Oct 27
<input type="checkbox"/>	Oct 28

Week 4: Total Amount

Week 5: Oct 29 – Nov 4

<input type="checkbox"/>	Oct 29
<input type="checkbox"/>	Oct 30
<input type="checkbox"/>	Oct 31
<input type="checkbox"/>	Nov 1
<input type="checkbox"/>	Nov 2
<input type="checkbox"/>	Nov 3
<input type="checkbox"/>	Nov 4

Week 5: Total Amount

Did you accomplish your goal during Graham Walks?
