

Walk ND Fitness Challenge: 8-Week Program – September 11 - November 5, 2011

Fill out your name on this calendar and then use it to keep track of your daily steps or miles.

Add up the total steps/miles each week. Send in your two-week total steps/miles by the dates below.



Name: _____

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Two Week Totals
1 & 2 Sept 11-24								
3 & 4 Sept 25 - Oct 8								
5 & 6 Oct 9-22								
7 & 8 Oct 23 - Nov 5								

Weekly step totals must be logged on at www.walknd.com or received by date shown below.

Due Dates for steps are:

Weeks 1 & 2 – Sept 28 **Weeks 3 & 4 – Oct 12** **Weeks 5 & 6 – Oct 26** **Weeks 7 & 8 - Nov 9**