

Walk ND: 8-Week Fitness Challenge

Use this calendar to keep track of your daily steps or miles.

Record your steps at <http://walknd.walkertracker.com>



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							
6							
7							
8							

Step totals must be logged on at <http://walknd.walkertracker.com>