

Walk ND Fitness Challenge: 8-Week Program – April 12 – June 6, 2009

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 April 12-25								
3 & 4 April 26 – May 9								
5 & 6 May 10 - 23								
7 & 8 May 24- June 6								

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

Important dates – weekly step totals must be received by these dates to be eligible for prizes! Due Dates for steps are:

Weeks 1 & 2 – April 29 Weeks 3 & 4 – May 13 Weeks 5 & 6 – May 27 Weeks 7 & 8 - June 11