

Walk ND Fitness Challenge: 8-Week Program – January 11 – March 7, 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 Jan 11-24								
3 & 4 Jan 25 - Feb 7								
5 & 6 Feb 8 - 21								
7 & 8 Feb 22 - March 7								

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 – Jan 28 **Weeks 3 & 4 – Feb 11** **Weeks 5 & 6 – Feb 25** **Weeks 7 & 8 - March 12**

