

**Walk ND Fitness Challenge: 8-Week Program – January 10 - March 6, 2010**

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
<b>1 &amp; 2</b> Jan 10 - 23								
<b>3 &amp; 4</b> Jan 24 - Feb 6								
<b>5 &amp; 6</b> Feb 7 - 20								
<b>7 &amp; 8</b> Feb 21 - March 6								

Weekly step totals must be logged on at [www.walknd.com](http://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 27    Weeks 3 & 4 – Feb 10    Weeks 5 & 6 – Feb 24    Weeks 7 & 8 - March 11**