

May Walking Challenge



May is National Walking month, so to celebrate, track what days you go for a walk and how long you walked for! Whoever walks for the most days in May has a chance to win a prize!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ☐ Walk complete Time: _____	2 ☐ Walk complete Time: _____	3 ☐ Walk complete Time: _____
4 ☐ Walk complete Time: _____	5 ☐ Walk complete Time: _____	6 ☐ Walk complete Time: _____	7 ☐ Walk complete Time: _____	8 ☐ Walk complete Time: _____	9 ☐ Walk complete Time: _____	10 ☐ Walk complete Time: _____
11 ☐ Walk complete Time: _____	12 ☐ Walk complete Time: _____	13 ☐ Walk complete Time: _____	14 ☐ Walk complete Time: _____	15 ☐ Walk complete Time: _____	16 ☐ Walk complete Time: _____	17 ☐ Walk complete Time: _____
18 ☐ Walk complete Time: _____	19 ☐ Walk complete Time: _____	20 ☐ Walk complete Time: _____	21 ☐ Walk complete Time: _____	22 ☐ Walk complete Time: _____	23 ☐ Walk complete Time: _____	24 ☐ Walk complete Time: _____
25 ☐ Walk complete Time: _____	26 ☐ Walk complete Time: _____	27 ☐ Walk complete Time: _____	28 ☐ Walk complete Time: _____	29 ☐ Walk complete Time: _____	30 ☐ Walk complete Time: _____	31 ☐ Walk complete Time: _____