



WALK 30 CHALLENGE

10TH ANNIVERSARY!



Name: _____

Class/Teacher/Group: _____

Instructions:

- Record your total walking minutes each day. If you don't know the exact time, take your best guess.
- All walking and wheelchair trips count. They can be to/from school, around the neighbourhood, classroom walks, etc!
- Bring your tracking sheet back to your teacher/group leader at the end of the challenge.
- Have questions? Learn more about the challenge at walk30.ca/schools.

Date	Wed	Thurs	Fri	Sat	Sun
	April 1	April 2	April 3	April 4	April 5
Minutes Walked					

Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	April 6	April 7	April 8	April 9	April 10	April 11	April 12
Minutes Walked							

Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	April 13	April 14	April 15	April 16	April 17	April 18	April 19
Minutes Walked							

Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	April 20	April 21	April 22	April 23	April 24	April 25	April 26
Minutes Walked							

Date	Mon	Tues	Wed	Thurs
	April 27	April 28	April 29	April 30
Minutes Walked				