



2020 Fall Walking Challenge



Pasco Go Healthy



Distance & Step
Count Tracker

Week #1:



| Day | Date | Steps | Miles |
|----------------------|--------|-------|-------|
| Monday | Oct 19 | | |
| Tuesday | Oct 20 | | |
| Wednesday | Oct 21 | | |
| Thursday | Oct 22 | | |
| Friday | Oct 23 | | |
| Saturday | Oct 24 | | |
| Sunday | Oct 25 | | |
| Weekly Total | | | |
| Running Total | | | |

Keep track of your daily steps/miles using this log. At the end of each week, tally your results and submit your weekly totals using the program survey link at www.PascoGoHealthy.net.

Submissions are due every Monday by 5 p.m. Late submissions will not be counted until the following week.



Week #2:

| Day | Date | Steps | Miles |
|----------------------|--------|-------|-------|
| Monday | Oct 26 | | |
| Tuesday | Oct 27 | | |
| Wednesday | Oct 28 | | |
| Thursday | Oct 29 | | |
| Friday | Oct 30 | | |
| Saturday | Oct 31 | | |
| Sunday | Nov 1 | | |
| Weekly Total | | | |
| Running Total | | | |

Keep track of your daily steps/miles using this log. At the end of each week, tally your results and submit your weekly totals using the program survey link at www.PascoGoHealthy.net.

Submissions are due every Monday by 5 p.m. Late submissions will not be counted until the following week.



Week #3:



| Day | Date | Steps | Miles |
|----------------------|-------|-------|-------|
| Monday | Nov 2 | | |
| Tuesday | Nov 3 | | |
| Wednesday | Nov 4 | | |
| Thursday | Nov 5 | | |
| Friday | Nov 6 | | |
| Saturday | Nov 7 | | |
| Sunday | Nov 8 | | |
| Weekly Total | | | |
| Running Total | | | |

Keep track of your daily steps/miles using this log. At the end of each week, tally your results and submit your weekly totals using the program survey link at www.PascoGoHealthy.net.

Submissions are due every Monday by 5 p.m. Late submissions will not be counted until the following week.



Week #4:

| Day | Date | Steps | Miles |
|----------------------|--------|-------|-------|
| Monday | Nov 9 | | |
| Tuesday | Nov 10 | | |
| Wednesday | Nov 11 | | |
| Thursday | Nov 12 | | |
| Friday | Nov 13 | | |
| Saturday | Nov 14 | | |
| Sunday | Nov 15 | | |
| Weekly Total | | | |
| Running Total | | | |

Keep track of your daily steps/miles using this log. At the end of each week, tally your results and submit your weekly totals using the program survey link at www.PascoGoHealthy.net.

Submissions are due every Monday by 5 p.m. Late submissions will not be counted until the following week.



Week #5:



| Day | Date | Steps | Miles |
|----------------------|--------|-------|-------|
| Monday | Nov 16 | | |
| Tuesday | Nov 17 | | |
| Wednesday | Nov 18 | | |
| Thursday | Nov 19 | | |
| Friday | Nov 20 | | |
| Saturday | Nov 21 | | |
| Sunday | Nov 22 | | |
| Weekly Total | | | |
| Running Total | | | |

Keep track of your daily steps/miles using this log. At the end of each week, tally your results and submit your weekly totals using the program survey link at www.PascoGoHealthy.net.

Submissions are due every Monday by 5 p.m. Late submissions will not be counted until the following week.



Week #6:

| Day | Date | Steps | Miles |
|----------------------|--------|-------|-------|
| Monday | Nov 23 | | |
| Tuesday | Nov 24 | | |
| Wednesday | Nov 25 | | |
| Thursday | Nov 26 | | |
| Friday | Nov 27 | | |
| Saturday | Nov 28 | | |
| Sunday | Nov 29 | | |
| Weekly Total | | | |
| Running Total | | | |

Keep track of your daily steps/miles using this log. At the end of each week, tally your results and submit your weekly totals using the program survey link at www.PascoGoHealthy.net.

Submissions are due every Monday by 5 p.m. Late submissions will not be counted until the following week.



Week #7:



| Day | Date | Steps | Miles |
|----------------------|--------|-------|-------|
| Monday | Nov 30 | | |
| Tuesday | Dec 1 | | |
| Wednesday | Dec 2 | | |
| Thursday | Dec 3 | | |
| Friday | Dec 4 | | |
| Saturday | Dec 5 | | |
| Sunday | Dec 6 | | |
| Weekly Total | | | |
| Running Total | | | |

Keep track of your daily steps/miles using this log. At the end of each week, tally your results and submit your weekly totals using the program survey link at www.PascoGoHealthy.net.

Submissions are due every Monday by 5 p.m. Late submissions will not be counted until the following week.



Week #8:

| Day | Date | Steps | Miles |
|----------------------|--------|-------|-------|
| Monday | Dec 7 | | |
| Tuesday | Dec 8 | | |
| Wednesday | Dec 9 | | |
| Thursday | Dec 10 | | |
| Friday | Dec 11 | | |
| Saturday | Dec 12 | | |
| Sunday | Dec 13 | | |
| Weekly Total | | | |
| Running Total | | | |

Keep track of your daily steps/miles using this log. At the end of each week, tally your results and submit your weekly totals using the program survey link at www.PascoGoHealthy.net.

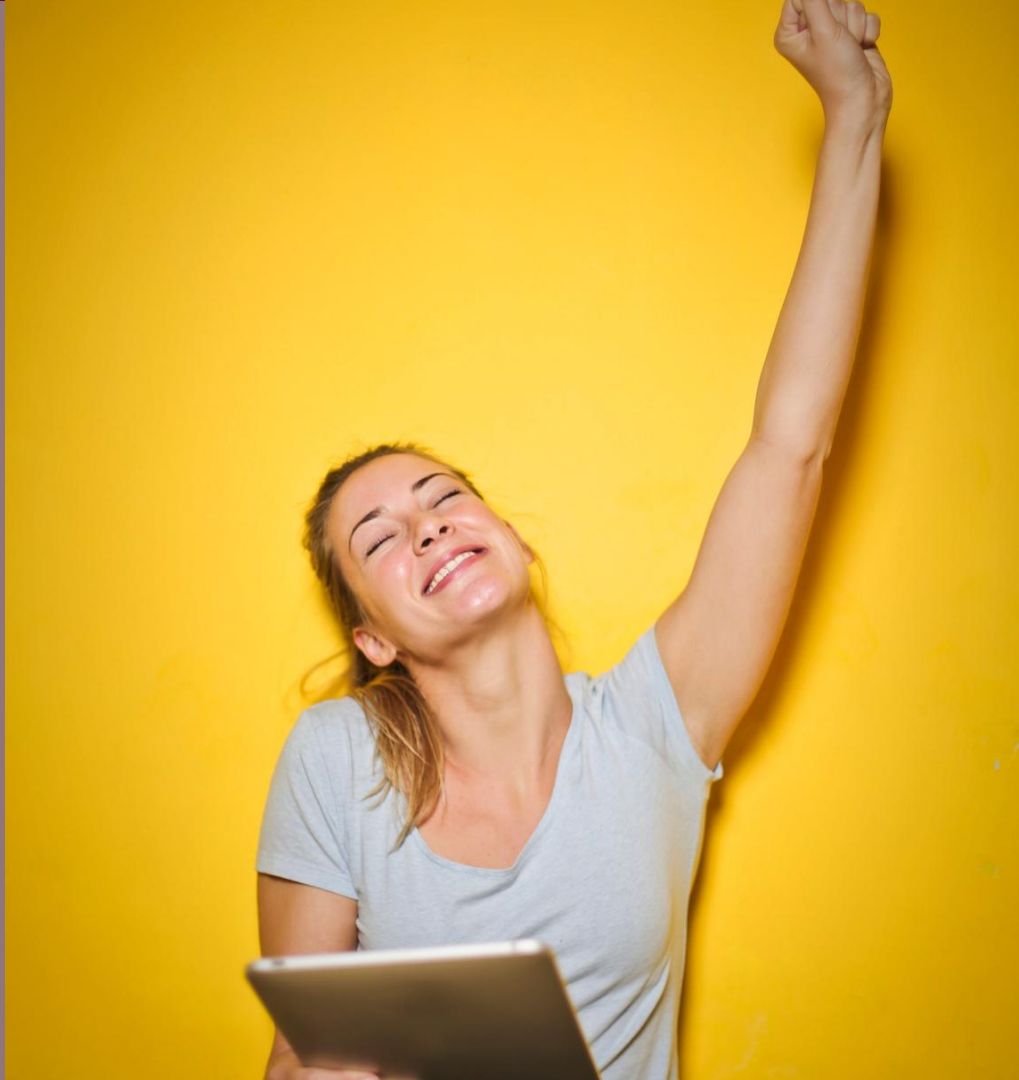
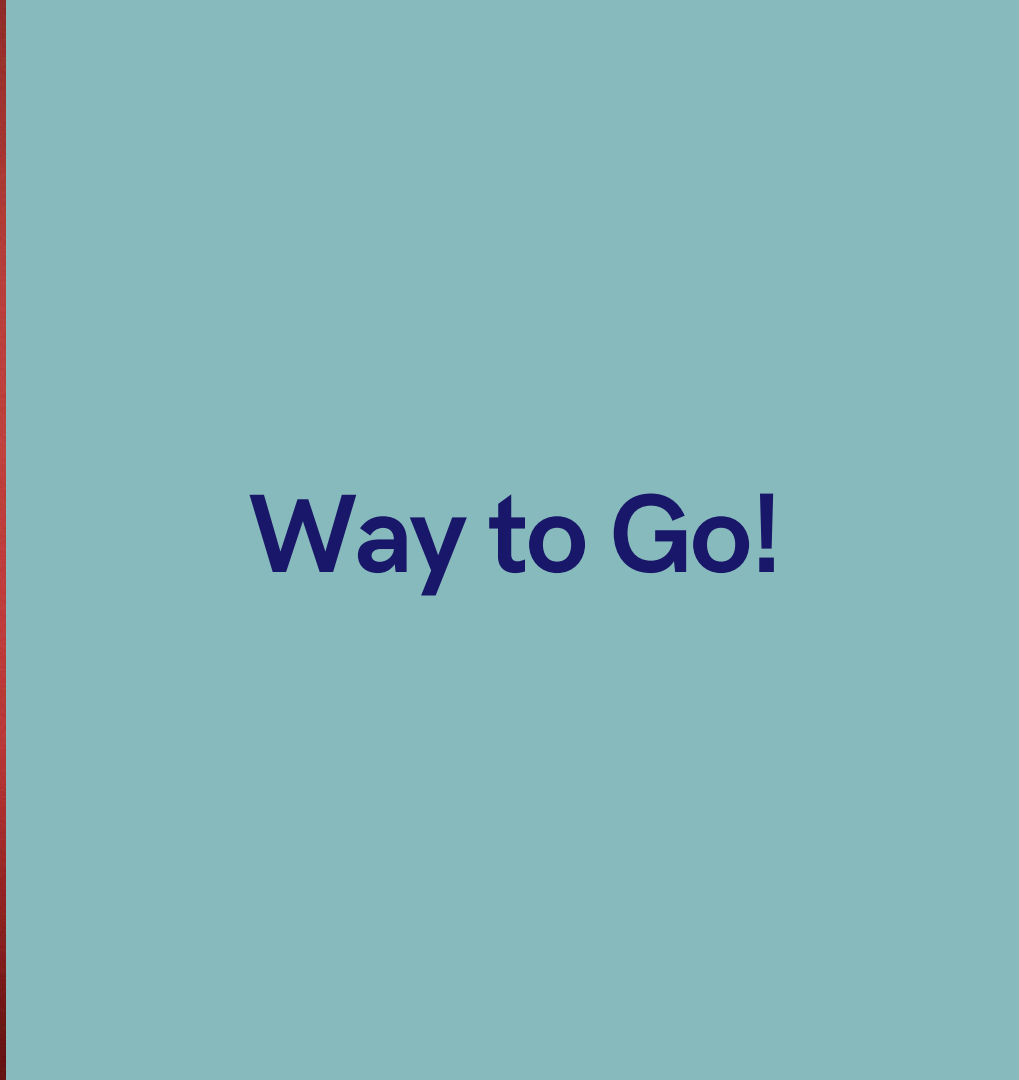
Submissions are due every Monday by 5 p.m. Late submissions will not be counted until the following week.





Way to Go!

You Did It!



Congratulations!

You've completed the 2020 Fall Walking Challenge. Well done! Don't forget to submit your final steps and mileage through the survey link at www.PascoGoHealthy.net by Monday at 5 p.m.

Results will be tallied and added to the home page leader board by Wednesday afternoon. Be sure to check it out and congratulate your fellow participants on their success!

