



Walking Challenge Winter 2022



Pasco Go Healthy



Distance & Step
Count Tracker

Week #1:



Day	Date	Steps	Miles
Monday	Jan 24		
Tuesday	Jan 25		
Wednesday	Jan 26		
Thursday	Jan 27		
Friday	Jan 28		
Saturday	Jan 29		
Sunday	Jan 30		
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	Jan 31		
Tuesday	Feb 01		
Wednesday	Feb 02		
Thursday	Feb 03		
Friday	Feb 04		
Saturday	Feb 05		
Sunday	Feb 06		
Weekly Total			
Running Total			

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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	Feb 07		
Tuesday	Feb 08		
Wednesday	Feb 09		
Thursday	Feb 10		
Friday	Feb 11		
Saturday	Feb 12		
Sunday	Feb 13		
Weekly Total			
Running Total			

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Week #4:

Day	Date	Steps	Miles
Monday	Feb 14		
Tuesday	Feb 15		
Wednesday	Feb 16		
Thursday	Feb 17		
Friday	Feb 18		
Saturday	Feb 19		
Sunday	Feb 20		
Weekly Total			
Running Total			

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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	Feb 21		
Tuesday	Feb 22		
Wednesday	Feb 23		
Thursday	Feb 24		
Friday	Feb 25		
Saturday	Feb 26		
Sunday	Feb 27		
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	Feb 28		
Tuesday	Mar 01		
Wednesday	Mar 02		
Thursday	Mar 03		
Friday	Mar 04		
Saturday	Mar 05		
Sunday	Mar 06		
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!

Congratulations!

You've completed the Walking Challenge Winter 2022. 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!

You Did It!

