



Activity Challenge Fall 2022



Pasco Go Healthy



Distance & Step
Count Tracker

Week #1: September 19 - September 25, 2022



Day	Date	Steps	Miles
Monday	Sep 19		
Tuesday	Sep 20		
Wednesday	Sep 21		
Thursday	Sep 22		
Friday	Sep 23		
Saturday	Sep 24		
Sunday	Sep 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: September 26 - October 2, 2022

Day	Date	Steps	Miles
Monday	Sep 26		
Tuesday	Sep 27		
Wednesday	Sep 28		
Thursday	Sep 29		
Friday	Sep 30		
Saturday	Oct 01		
Sunday	Oct 02		
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: October 3 - October 9, 2022



Day	Date	Steps	Miles
Monday	Oct 03		
Tuesday	Oct 04		
Wednesday	Oct 05		
Thursday	Oct 06		
Friday	Oct 07		
Saturday	Oct 08		
Sunday	Oct 09		
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 #4: October 10 - October 16, 2022

Day	Date	Steps	Miles
Monday	Oct 10		
Tuesday	Oct 11		
Wednesday	Oct 12		
Thursday	Oct 13		
Friday	Oct 14		
Saturday	Oct 15		
Sunday	Oct 16		
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: October 17 - October 23, 2022



Day	Date	Steps	Miles
Monday	Oct 17		
Tuesday	Oct 18		
Wednesday	Oct 19		
Thursday	Oct 20		
Friday	Oct 21		
Saturday	Oct 22		
Sunday	Oct 23		
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 #6: October 24 - October 30, 2022

Day	Date	Steps	Miles
Monday	Oct 24		
Tuesday	Oct 25		
Wednesday	Oct 26		
Thursday	Oct 27		
Friday	Oct 28		
Saturday	Oct 29		
Sunday	Oct 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.





Way to Go!

Congratulations!

You've completed the Activity Challenge Fall 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!

