

## WALKING LOG

Name \_\_\_\_\_

Month \_\_\_\_\_ Year \_\_\_\_\_

	Date	Activity	Mileage	Hrs/min	Total Steps
Sunday				/	
Monday				/	
Tuesday				/	
Wednesday				/	
Thursday				/	
Friday				/	
Saturday				/	
<b>TOTALS</b>					
Sunday				/	
Monday				/	
Tuesday				/	
Wednesday				/	
Thursday				/	
Friday				/	
Saturday				/	
<b>TOTALS</b>					
Sunday				/	
Monday				/	
Tuesday				/	
Wednesday				/	
Thursday				/	
Friday				/	
Saturday				/	
<b>TOTALS</b>					
Sunday				/	
Monday				/	
Tuesday				/	
Wednesday				/	
Thursday				/	
Friday				/	
Saturday				/	
<b>TOTALS</b>					

Please feel free to print and copy more sheets as needed.

Deadlines for Submission: **Phase I** – June 22, 2011. **Phase II** – November 21, 2011

Send total miles/steps to the attention of Ferne Clements. **Email:** [clementf@ucc.org](mailto:clementf@ucc.org)

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