

* 2007
WINTER
WALKING
CHALLENGE *

January 7 - March 3, 2007

ONLY FOR THE TOUGHEST!!

Walking League's

Personal Walking Record

My name _____

My Teams' name _____

This month is:		Today's date is ↓	I walked this number of minutes this day:	
	Sunday			
	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	The total number of minutes I have walked this week is: <small>(add Sunday-Saturday minutes)</small>			*

We are all WINNERS—
when we WALK every day
and we all work very hard
at doing it.

The *Walking League* and its
Teams depend on the honesty
of each member in reporting
minutes walked.

My verifying signature

*report this total or send this record each week to your Team Captain.

NOTE TO Walker/Captain: For verification purposes, maintain this record to verify minutes / claim prizes.

ADDITIONAL INFORMATION:

To claim *Walking League* prizes, Teams need to verify minutes walked by its members.

Use this form to record the minutes you walk each day. Report weekly total to your Team Captain as s/he instructs.

WALK anywhere and everywhere (so long as it is safe) -- with family, friends, team members, others, on your own; at home, on vacation; on a trail, sidewalk, or a treadmill, etc.--
in at least 10 minute bouts.

The goal of the Challenge is 30+ minutes of daily moderate-intensive walking in at least 10 minute bouts. If you walk more than 30 minutes per day (BRAVO!), feel free to record it. As per Challenge Rules, a maximum of 210 minutes per person per week (30 a day x 7 days) will be counted in the Challenge.

Record "walked" minutes only but it is also good to do other physical activities--gardening, weight lifting, strength training, etc.

For more information on the Walking League, visit <www.vvwalks.org> and click on "walking league."