



My Tracking Record

GOAL: Recognition will be given to any participant who walks 200 miles or runs 30 hours during Nov. 3 – Dec. 15.

Date	Miles Walked	Hour Ran	Total
Monday			
Tuesday, Nov. 3			
Wednesday, Nov. 4			
Thursday, Nov. 5			
Friday, Nov. 6			
Saturday, Nov. 7			
Sunday, Nov. 8			
Weekly Total			
Monday, Nov. 9			
Tuesday, Nov. 10			
Wednesday, Nov. 11			
Thursday, Nov. 12			
Friday, Nov. 13			
Saturday, Nov. 14			
Sunday, Nov. 15			
Weekly Total			
Monday, Nov. 16			
Tuesday, Nov. 17			
Wednesday, Nov. 18			
Thursday, Nov. 19			
Friday, Nov. 20			
Saturday, Nov. 21			
Sunday, Nov. 22			
Weekly Total			



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Date	Miles Walked	Hour Ran	Total
Monday, Nov. 23			
Tuesday, Nov. 24			
Wednesday, Nov. 25			
Thursday, Nov. 26			
Friday, Nov. 27			
Saturday, Nov. 28			
Sunday, Nov. 29			
Weekly Total			
Monday, Nov. 30			
Tuesday, Dec. 1			
Wednesday, Dec. 2			
Thursday, Dec. 3			
Friday, Dec. 4			
Saturday, Dec. 5			
Sunday, Dec. 6			
Weekly Total			
Monday, Dec. 7			
Tuesday, Dec. 8			
Wednesday, Dec. 9			
Thursday, Dec. 10			
Friday, Dec. 11			
Saturday, Dec. 12			
Sunday, Dec. 13			
Weekly Total			
Monday, Dec. 14			
Tuesday, Dec. 15			
Grand Total			