



# 2018 Walking Challenge Step Log

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Type of Step Tracker Being Used:** \_\_\_ FitBit \_\_\_ Phone App \_\_\_ Tracker Watch \_\_\_ Other: \_\_\_\_\_

<b>Day:</b>	1	2	3	4	5	6	7	8	9	10
<b># of Steps:</b>										
<b>Day:</b>	11	12	13	14	15	16	17	18	19	20
<b># of Steps:</b>										
<b>Day:</b>	21	22	23	24	25	26	27	28	29	30
<b># of Steps:</b>										

## **HOW IT WORKS:**

The Walking Challenge will run **July 21 - August 19, 2018**. Each numbered box represents 1 day. Write-in the number of steps you did on that day and see if you can make it to 10,000 every day for 30 days! Participants that walk 10,000 steps every day will be entered into a raffle to win a Y goody bag! Once you have completed your log, return to Lisa Ayeski to become eligible for the raffle. Good luck!

**QUESTIONS?** Contact Lisa Ayeski at 847.891.9622 x109 or [lisaa@gcfymca.org](mailto:lisaa@gcfymca.org).