Use this tracker to track your daily, weekly and monthly walking activities. Write down how long you walk or roll each day (walk run, bike, scooter, skateboard, wheelchair all count!). At the end of the week (Sunday), total your progress and enter it in the Google form to compete for prizes! Go to <https://www.walksacramento.org/projects/walktober2020/> enter your weekly minutes walked.

**Name**: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Saturday** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| **October 5 - October 11** | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_\_\_minutes  this week! |
| **October 10 - October 18** | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_\_\_minutes  this week! |
| **October 19 - October 25** | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_\_\_minutes  this week! |
| **October 26 - November 2** | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_mins  today | I walked  \_\_\_\_\_\_\_\_minutes  this week! |
| **Total minutes walked during the month of October** | | | | | | | | \_\_\_\_\_\_\_\_\_\_minutes |
| **Bonus! Convert your total minutes walked to miles. Hint: 20 minutes = approximately 1 mile. Take your total number of minutes walked this month and divide by 20 minutes per mile to get the distance you walked (total mins walked / 20 mins per mile = total miles walked)** | | | | | | | | \_\_\_\_\_\_\_\_\_\_\_miles |