

## WCA Group Health Trust Walking Challenge

What is your weekly goal?							
<b>Week 1 (September 1-7)</b>	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Record your walking for each day							
<b>Week 2 (September 8-14)</b>	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Record your walking for each day							
<b>Week 3 (September 15-21)</b>	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Record your walking for each day							
<b>Week 4 (September 22-28)</b>	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Record your walking for each day							
<b>PLEASE NOTE--THIS TRACKER IS NOT TURNED IN. IT IS FOR YOUR USE ONLY.</b>							