

## Walking Log Form

### 8th Annual Healthy Steps 10-Day Walking Challenge

**Start:** October 16, 2017

**End:** October 25, 2017

**Due:** 10/26/17

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

Name(s) of members who walked with me: \_\_\_\_\_

Day	Date	Students/Teachers Miles/Steps	Family Members Miles/Steps	Daily Total
1	Oct. 16			
2	Oct. 17			
3	Oct. 18			
4	Oct. 19			
5	Oct. 20			
6	Oct. 21			
7	Oct. 22			
8	Oct. 23			
9	Oct. 24			
10	Oct. 25			

**GRAND TOTAL** \_\_\_\_\_

Conversion Chart

	1/16 mile	1/8 mile	1/4 mile	1/2 mile	3/4 mile	1 mile
Steps	150	300	600	1200	1800	2400
Feet	330	660	1320	1640	3690	5280
Yards	110	220	440	880	1320	1760

**\*Forms must be handed into your physical education teacher by 10/26 - late forms will not be accepted since results will be finalized on the evening of October 27.**