



30 Minute Walk Challenge

brought to you by Moving Starke County Forward

Name: _____

Year of Birth: _____

Contact Info (phone or e-mail): _____

This calendar is to help you track every day that you are able to set aside 30 minutes and walk. Please mark the days that you are able to walk 30 minutes. Turn these into your local library at the end of the month to be included in our challenge for **a healthier Starke County**.

* You can also submit your form by fax to 574-772-2512, scan and e-mail movingscforward@gmail.com **OR** sending Moving Starke County Forward a picture of your form via private message on Facebook www.facebook.com/MovingStarkeCountyForward

September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.
6	7	8	9	10	11	12
<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.
13	14	15	16	17	18	19
<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.
20	21	22	23	24	25	26
<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.
27	28	29	30			
<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.	<input type="checkbox"/> Walked 30 Mins.			

This challenge will run September, October, November, December, January, February, March, and April!