



# 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.com/MovingStarkeCountyForward**

| 2015 OCTOBER                          |                                       |                                       |                                       |                                       |                                       |                                       |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| SUNDAY                                | MONDAY                                | TUESDAY                               | WEDNESDAY                             | THURSDAY                              | FRIDAY                                | SATURDAY                              |
|                                       |                                       |                                       |                                       | 1<br><input type="checkbox"/> Walked  | 2<br><input type="checkbox"/> Walked  | 3<br><input type="checkbox"/> Walked  |
| 4<br><input type="checkbox"/> Walked  | 5<br><input type="checkbox"/> Walked  | 6<br><input type="checkbox"/> Walked  | 7<br><input type="checkbox"/> Walked  | 8<br><input type="checkbox"/> Walked  | 9<br><input type="checkbox"/> Walked  | 10<br><input type="checkbox"/> Walked |
| 11<br><input type="checkbox"/> Walked | 12<br><input type="checkbox"/> Walked | 13<br><input type="checkbox"/> Walked | 14<br><input type="checkbox"/> Walked | 15<br><input type="checkbox"/> Walked | 16<br><input type="checkbox"/> Walked | 17<br><input type="checkbox"/> Walked |
| 18<br><input type="checkbox"/> Walked | 19<br><input type="checkbox"/> Walked | 20<br><input type="checkbox"/> Walked | 21<br><input type="checkbox"/> Walked | 22<br><input type="checkbox"/> Walked | 23<br><input type="checkbox"/> Walked | 24<br><input type="checkbox"/> Walked |
| 25<br><input type="checkbox"/> Walked | 26<br><input type="checkbox"/> Walked | 27<br><input type="checkbox"/> Walked | 28<br><input type="checkbox"/> Walked | 29<br><input type="checkbox"/> Walked | 30<br><input type="checkbox"/> Walked | 31<br><input type="checkbox"/> Walked |