



APRIL 30-Day Walking Challenge

- 1) Complete tracker form.
- 2) Email or screenshot completed tracker form to:
 - a) jkeyonnie@fourpointshealth.org or
 - b) 435-691-8019

<p>DAY 1 WALK 1 MILE DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 2 WALK 1 MILE DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 3 WALK 1 MILE DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 4 REST DAY</p>	<p>DAY 5 WALK 1 MILE DATE: _____ DISTANCE: _____ TIME: _____</p>
<p>DAY 6 WALK 1 MILE DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 7 WALK 1 MILE DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 8 REST DAY</p>	<p>DAY 9 WALK 1.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 10 WALK 1.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>
<p>DAY 11 WALK 1.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 12 REST DAY</p>	<p>DAY 13 WALK 1.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 14 WALK 1.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 15 WALK 2 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>
<p>DAY 16 REST DAY</p>	<p>DAY 17 WALK 2 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 18 WALK 2 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 19 WALK 2 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 20 REST DAY</p>
<p>DAY 21 WALK 2 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 22 WALK 2.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 23 WALK 2.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 24 REST DAY</p>	<p>DAY 25 WALK 2.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>
<p>DAY 26 WALK 2.5 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 27 WALK 3 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 28 REST DAY</p>	<p>DAY 29 WALK 3 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>	<p>DAY 30 WALK 3 MILES DATE: _____ DISTANCE: _____ TIME: _____</p>