



Name: _____

Email: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9/1	9/2	9/3	9/4	9/5
9/6	9/7	9/8	9/9	9/10	9/11	9/12
9/13	9/14	9/15	9/16	9/17	9/18	9/19
9/20	9/21	9/22	9/23	9/24	9/25	9/26
9/27	9/28	9/29	9/30			

- Enter your miles in each date
- Give yourself double points for:
 - Using the track at the Recreation & Senior Center
 - Walking a Louisville Trail
 - Taking a Walk Strong Fitness Focus class
- Have fun with this and set your goal and challenge yourself!
- Submit by 10/4 to Katie or Lindsey

Lindsey Witty
lwitty@louisvilleco.gov 303-335-4906
 or Katie Beasley katieb@louisvilleco.gov 303-335-4914

