

# SSAI 2017 Walkathon Record Sheet

(One for each walker)

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

Club: \_\_\_\_\_

1-Apr	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1-May	2	3	4	5
6	7	8	9	10	11	12
13	14	15				

- Walking
- Cycling
- Exercising
- Equacizing
- Swimming
- Dancing
- Bowling
- Nintendo Wii games

- 20 minutes = 1 mile
- 20 minutes = 1 mile
- 20 minutes = 1 mile
- 20 minutes = 1 mile
- 20 minutes = 1 mile
- 20 minutes = 1 mile
- 3 games= 2 miles
- 3 games= 2 miles

- 1 hour = 3 miles
- 1 hour = 3 miles
- 1 hour = 3 miles
- 1 hour = 3 miles
- 1 hour = 3 miles
- 1 hour = 3 miles

Gardening 20 minutes = 1 mile