

SSAI 2018 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 | 20 minutes = 1 mile | 1 hour = 3 miles |
| Cycling | 20 minutes = 1 mile | 1 hour = 3 miles |
| Exercising | 20 minutes = 1 mile | 1 hour = 3 miles |
| Equacizing | 20 minutes = 1 mile | 1 hour = 3 miles |
| Swimming | 20 minutes = 1 mile | 1 hour = 3 miles |
| Dancing | 20 minutes = 1 mile | 1 hour = 3 miles |
| Bowling | 3 games= 2 miles | |
| Nintendo Wii games | 3 games= 2 miles | |