

# SSAI 2025 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				

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|--------------------|-------------------|-----------------|
| Walking            | 25 minutes = 2 km | 1 hour = 4.8 km |
| Cycling            | 25 minutes = 2 km | 1 hour = 4.8 km |
| Exercising         | 25 minutes = 2 km | 1 hour = 4.8 km |
| Aquacizing         | 25 minutes = 2 km | 1 hour = 4.8 km |
| Swimming           | 25 minutes = 2 km | 1 hour = 4.8 km |
| Dancing            | 25 minutes = 2 km | 1 hour = 4.8 km |
| Bowling            | 3 games = 3.2 km  |                 |
| Nintendo Wii games | 3 games = 3.2 km  |                 |
| Gardening          | 25 minutes = 2 km | 1 hour = 4.8 km |