



Get up in Glencoe Community Walking Challenge Tracking Form May 1, 2023 to May 27, 2023

Name: _____

Email: _____

	Week 1: 5/1- 5/6	Week 2: 5/7 – 5/13	Week 3: 5/14 – 5/20	Week 4: 5/21 - 5/27
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Totals:				

Choose the tracking system that best suits you!

- Pedometer App on your phone
- Personal wearable (pedometer, Fitbit, Garmin, Apple watch etc.)
- Track by minutes walked and convert into steps (see chart)

Randomly drawn top prizes per category:

- Youth – 17 and younger – # of steps tracked or # of days active (parent’s choice)
- Beginner – 100 to 168,000 steps
- Advanced – 168,001 steps and higher

Turn in your total weekly step count:

- Via a link sent out via weekly newsletter
- Via emailing glencoeinmotion@gmail.com

Let’s Get Up and GO.....

