**WALKING CHALLENGE MONITORING FORM**

**FORM GROUP: …………………**

|  |  |  |
| --- | --- | --- |
| **NAME** | **STEPS / WEEK 1** | **STEPS / WEEK 2** |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |
| **TOTAL** |  |  |

**FORM GROUP: …………………**

|  |  |  |
| --- | --- | --- |
| **NAME** | **STEPS / WEEK 1** | **STEPS / WEEK 2** |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |
| **TOTAL** |  |  |