



# ROCKINGHAM COUNTY WALK TO BOSTON CHALLENGE

## ACTIVITY TRACKER

Use this form to track your miles. Every day you walk, place your number of miles in the coinciding box. If you skip a day, that's alright, simply make up for it along the way. If you do other activities besides walking, use the 'Activity Converter' to convert your miles so you can report them. Once you finish the Challenge, times your total miles walked by 21.03; if your grand total is at least 715 miles, you made it to Boston. Don't forget, getting in those weekly miles gets you an entry into our weekly Subway voucher drawings, so be sure to report those miles in! To report your miles, simply use the survey provided in the weekly emails or follow the link <http://rcemployeewellness.weebly.com/walk-to-boston-toolkit-and-reporting.html>.

DAY DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
<b>WEEK 1</b> 2/12-2/18								
<b>WEEK 2</b> 2/19-2/25								
<b>WEEK 3</b> 2/26-3/4								
<b>WEEK 4</b> 3/5-3/11								
<b>WEEK 5</b> 3/12-3/17						ARRIVE IN BOSTON		

**TOTAL MILES WALKED** \_\_\_\_\_

**X 17.4**

**GRAND TOTAL** \_\_\_\_\_

**MY NAME IS:** \_\_\_\_\_

**MY GOAL IS:** \_\_\_\_\_