



MOCC WALK - MAY 2018

get active · get fit · have fun



Name: _____

Community: _____

PLEASE PRINT CLEARLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Mocc Walk Reminders:</u> • Mark you progress every day • Record 1 point for every 10 minutes of walking • Warm up and stretch first, and drink plenty of water • Email, fax, or call your points in to ONWA at the end of every month		1	2	3	4	5
		START!				Weekly Total =
6	7	8	9	10	11	12
						Weekly Total =
13	14	15	16	17	18	19
						Weekly Total =
20	21	22	23	24	25	26
						Weekly Total =
27	28	29	30	31		Weekly Total =
						Monthly Total =
						

For information, please contact: Ontario Native Women's Association

www.onwa.ca/mocccwalk2017

380 Ray Blvd., Thunder Bay, ON P7B 4E6 · Toll Free: 1-800-667-0816 · Tel: 807-623-3442 · Fax: 807-623-1104 · Email: diabetes@onwa.ca



MOCC WALK - JUNE 2018


get active · get fit · have fun



Name: _____

Community: _____

PLEASE PRINT CLEARLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>Mocc Walk Reminders:</p> <ul style="list-style-type: none"> • Mark you progress every day • Record 1 point for every 10 minutes of walking • Warm up and stretch first, and drink plenty of water • Email, fax, or call your points in to ONWA at the end of every month 						1	2
3	4	5	6	7	8	Weekly Total =	
10	11	12	13	14	15	Weekly Total =	
17	18	19	20	21	22	Weekly Total =	
24	25	26	27	28	29	Weekly Total = Monthly Total = END!	

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