



Mocc Walk 2024

GET ACTIVE · GET FIT · HAVE FUN

Name: _____

REMINDER: Submit your Weekly Total and Weekly Challenge Entry every week using the **Time Log** on: www.onwa.ca/mocwalk

EXERCISE MINUTE TRACKER

Track and record how many minutes you are exercising daily. Be sure to submit weekly!

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|-----------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> Register | | | | | | | | |
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| | | | | | | | | <i>You did it!!!</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 1 TOTAL | WEEK 2 TOTAL | WEEK 3 TOTAL | WEEK 4 TOTAL | WEEK 5 TOTAL | WEEK 6 TOTAL | WEEK 7 TOTAL | WEEK 8 TOTAL | WEEK 9 TOTAL |

WEEKLY CHALLENGES (OPTIONAL)

Be sure to check in weekly to find out what the weekly challenge is!

| | | | | | | | | |
|--|---------------------------------------|--|---|--|--|---|---|---|
| <input type="checkbox"/> Spread the word | <input type="checkbox"/> Flower Power | <input type="checkbox"/> Holistic Well-being | <input type="checkbox"/> Getting Active | <input type="checkbox"/> Indoor Active | <input type="checkbox"/> Strawberry Snacking | <input type="checkbox"/> Nature is Medicine | <input type="checkbox"/> Healthy Eating | <input type="checkbox"/> Mocc Walk Impact |
| WEEK 1 MAY 1 - 5 | WEEK 2 MAY 6 - 12 | WEEK 3 MAY 13 - 19 | WEEK 4 MAY 20 - 26 | WEEK 5 MAY 27 - JUNE 2 | WEEK 6 JUNE 4 - 10 | WEEK 7 JUNE 10 - 16 | WEEK 8 JUNE 17 - 23 | WEEK 9 JUNE 25 - 30 |