



# Mocc Walk 2020

GET ACTIVE · GET FIT · HAVE FUN



Name: \_\_\_\_\_

**REMINDER:** Submit your Weekly Total and Weekly Challenge Entry every week at: [www.onwa.ca/mocccwalk2020](http://www.onwa.ca/mocccwalk2020)

## EXERCISE MINUTE TRACKER

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

1	8	15	22	29	5	12	19	26
2	9	16	23	30	6	13	20	27
3	10	17	24	31	7	14	21	28
4	11	18	25	1	8	15	22	29
5	12	19	26	2	9	16	23	30
6	13	20	27	3	10	17	24	
7	14	21	28	4	11	18	25	WEEK 9 TOTAL
								<b>FINAL TOTAL</b>

## WEEKLY CHALLENGES

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>CHALLENGE 1</b> MAY 1 - 7	<b>CHALLENGE 2</b> MAY 8 - 14	<b>CHALLENGE 3</b> MAY 15 - 21	<b>CHALLENGE 4</b> MAY 22 - 28	<b>CHALLENGE 5</b> MAY 29 - JUNE 4	<b>CHALLENGE 6</b> JUNE 5 - 11	<b>CHALLENGE 7</b> JUNE 12 - 18	<b>CHALLENGE 8</b> JUNE 19 - 30