



Mocc Walk 2022

GET ACTIVE · GET FIT · HAVE FUN



Name: _____

REMINDER: Submit your Weekly Total and Weekly Challenge Entry every week at: www.onwa.ca/mocccwalk

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
WEEK 1 TOTAL	WEEK 2 TOTAL	WEEK 3 TOTAL	WEEK 4 TOTAL	WEEK 5 TOTAL	WEEK 6 TOTAL	WEEK 7 TOTAL	WEEK 8 TOTAL	FINAL TOTAL

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"/>
CHALLENGE 1 MAY 1 - 7	CHALLENGE 2 MAY 8 - 14	CHALLENGE 3 MAY 15 - 21	CHALLENGE 4 MAY 22 - 28	CHALLENGE 5 MAY 29 - JUNE 4	CHALLENGE 6 JUNE 5 - 11	CHALLENGE 7 JUNE 12 - 18	CHALLENGE 8 JUNE 19 - 25