



Mocc Walk 2023

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/mocccwalk

EXERCISE MINUTE TRACKER

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

<input type="checkbox"/> Register								
								 <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 - 6	WEEK 2 MAY 7 - 13	WEEK 3 MAY 14 - 20	WEEK 4 MAY 21 - 27	WEEK 5 MAY 28 - JUNE 3	WEEK 6 JUNE 4 - 10	WEEK 7 JUNE 11 - 17	WEEK 8 JUNE 18 - 24	WEEK 9 JUNE 25 - 30