



# INDIVIDUAL LOG

WEEK/DATES		MON	TUES	WED	THURS	FRI	SAT	SUN	WEEKLY TOTAL
1	Mon, June 20- June 26								
2	June 27- July 3								
3	July 4- July 10								
4	July 11- July 17								
5	July 18- July 24								
6	July 25- Sat. July 30								
<b>Your Personal Target Goal / TOTAL:</b>									



## 40-DAY TEAMS STEP CHALLENGE

Keep this in a handy place.

- Record your daily steps on this individual log.
- Report your weekly total to your team captain by Saturday of each week.
- Your team captain will report your team's combined steps and individual steps to the Challenge Coordinator.

For up-to-date information visit

<https://www.waynesboroymca.org/40-day-team-step-challenge/> and our Waynesboro Area Facebook.

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

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

Team Captain: \_\_\_\_\_

Captain Contact Info: \_\_\_\_\_

Challenge Coordinators' Email: [StepChallenge@WaynesboroYMCA.org](mailto:StepChallenge@WaynesboroYMCA.org) \_\_\_\_\_