

WALKTOBER TRACKER



Keep track of the number of miles, steps, or minutes you spend walking with this Walktober tracker!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Walk to School Day			
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Learn more about walking events and tips here:

hwcwichita.org