



Monthly Log Sheet

Name: _____ **Phone:** _____

Mail, fax, or deliver completed monthly log sheets to the address below to be eligible for a t-shirt and other monthly wellness drawings:

Washington County Health Department - Washington County Walks
 342 Muskingum Drive - Marietta, OH 45750
 Phone: 740-374-2782 Fax: 740-376-7074

(Circle One) T-Shirt Size: S M L XL

	Goal	Steps	Miles (Steps/2000)	Duration (Minutes)	Accomplish Goal (Yes or No)
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					
Day 22					
Day 23					
Day 24					
Day 25					
Day 26					
Day 27					
Day 28					
Day 29					
Day 30					
Day 31					