



# INDIVIDUAL TRACKING WORKSHEET

NAME: \_\_\_\_\_

COMMUNITY: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	# Of km for the week
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								

TOTAL DISTANCE COVERED: \_\_\_\_\_ KM

