



## Monthly Log Sheet

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

Month/Year: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:
Week of	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:
Week of	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:
Week of	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:
Week of	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:	Miles/Steps:

Bonus Miles: You can earn up to 75 bonus miles from Walk Catawba Valley classes and 100 bonus miles from Heart to Heart classes yearly (175 bonus miles total).

Class: \_\_\_\_\_ Date: \_\_\_\_\_ Points: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_ Points: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_ Points: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_ Points: \_\_\_\_\_

TOTAL MILES WALKED: \_\_\_\_\_

(2,000 steps = 1 mile)

TOTAL BONUS MILES: + \_\_\_\_\_

TOTAL MONTHLY MILES: \_\_\_\_\_

Mail all your 2008 log sheets between January 1 and January 20, 2009 to:

Walk Catawba Valley  
c/o Catawba Valley Medical Center  
810 Fairgrove Church Road  
Hickory, NC 28602