

Walk Across Williamson

Instructions for using activity log

Walk Across Williamson is a month long event held to encourage families to participate in physical activity. Each day, record the number of minutes you are physically active. Physical activity may include, but is not limited to, time at PE, individual/team sports, gym workouts and/or simply walking.

1,800 minutes of physical activity during the month of March is equivalent to *Walking Across Williamson* (90 miles total). 20 min of activity is equal to approx. 1 mile.

Students, parents, and staff should **submit completed logs by Monday, April 3rd** to the designated teacher at your school.

Join the FREE county-wide **Walk Across Williamson Celebration on Sunday, April 9th** at Harlinsdale Farm. The event is free for all participants.

April 9th Celebration:
 2pm- Gates open
 3pm- 5K event
 4pm- Fun Run

March 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Everyone has to start somewhere. Set a reachable goal each day.			1 _____ Minutes	2 _____ Minutes	3 _____ Minutes	4 _____ Minutes
5 _____ Minutes	6 _____ Minutes	7 _____ Minutes	8 _____ Minutes	9 _____ Minutes	10 _____ Minutes	11 _____ Minutes
12 _____ Minutes	13 _____ Minutes	14 _____ Minutes	15 _____ Minutes	16 _____ Minutes	17 _____ Minutes	18 _____ Minutes
19 _____ Minutes	20 _____ Minutes	21 _____ Minutes	22 _____ Minutes	23 _____ Minutes	24 _____ Minutes	25 _____ Minutes
26 _____ Minutes	27 _____ Minutes	28 _____ Minutes	29 _____ Minutes	30 _____ Minutes	31 _____ Minutes	Total for the month _____ Minutes

Name: _____ Circle One: Student | WCS Staff | Family Member

School: _____ Grade: _____ Homeroom Teacher: _____

Register for FREE Walk Across Williamson Celebration 5K/Fun Run on April 9th at Harlinsdale Farm.

Go to <https://walkacrosswilliamson.eventbrite.com> to register from March 1st to April 5th.