



iWALK Challenge 2011

Personal Fitness Tracker

Feb 7th – May 7th

Join the iWALK movement... an effort to create a healthy, more fit Sonoma County!

- ❶ **Register online:** iwalksonoma.org (click on *iWALK Challenge*)
- ❷ **Set a Personal Goal:** _____ min/week (target: 150 min/week)
- ❸ **Record your minutes** each day on this form; or use an online tool like www.onlinefitnesslog.com
- ❹ **Start exercising** (iWALK. iRUN. iBIKE. iHIKE. iSWIM... whatever you enjoy!)

Week	M	T	W	Th	F	S	Su	Weekly Minutes
Wk 1: Feb 7-13								
Wk 2: Feb 14-20								
Wk 3: Feb 21-27								
Wk 4: Feb 28-Mar 6								
Wk 5: Mar 7-13								
Wk 6: Mar 14-20								
Wk 7: Mar 21-27								
Wk 8: Mar 28-Apr 3								
Wk 9: Apr 4-10								
Wk 10: Apr 11-17								
Wk 11: Apr 18-24								
Wk 12: Apr 25-May 1								
Wk 13: May 2-7								
Total Minutes								

Contact iWALK at iwalk@volunteernow.org or go to iwalksonoma.org