

iSWIM iBIKE iRUN



iDANCE iHIKE iPLAY

iWALK Personal Fitness Tracker

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

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

Week	M	T	W	Th	F	S	Su	Weekly Minutes
Total Minutes								

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