



Walk and Roll Challenge Scorecard

March 30 - April 25, 2009

The goal of the Walk and Roll Challenge is to promote awareness and safety for biking and walking as alternate forms of transportation and fitness.

The scorecard below will track the frequency and duration of the physical

activity you do. It will also show how often you choose walking and/or biking as alternate forms of transportation.

You can cut this scorecard out, or you can pick one up from the Erlanger branch of the Kenton County Public Library,

any branch of the Campbell County Public Library, or from your local Remke Market. You can also find the scorecard on the Northern Kentucky Health Department's Web site, <http://www.nkyhealth.org>.

Walk and Roll Challenge Scorecard

Use the calendar below to track your progress throughout the Walk and Roll Challenge.

Each day, write down how many minutes you are physically active. Your goal is to be active for at least 30 minutes each day. Fill in 20 or more squares during the four-week program, and you will be eligible to win some great prizes!

In addition, each day you walk or bike to a destination (school, work, store, library, etc.), instead of driving, fill in the star in that day's box.

Sample (Monday)

45 min.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 30.	31.	April 1.	2.	3.	4.	5.
★	★	★	★	★	★	★
6.	7.	8.	9.	10.	11.	12.
★	★	★	★	★	★	★
13.	14.	15.	16.	17.	18.	19.
★	★	★	★	★	★	★
20.	21.	22.	23.	24.	25.	Congratulations!
★	★	★	★	★	★	★