

10,000 Steps a Day Challenge

WALKING JOURNAL

STEP 1: Select your personal challenge listed on Page 2 (beginner, intermediate or advanced).

STEP 2: Start your 10K Steps a Day Challenge! Log your Walking Journal progress using your personal tracking device.

STEP 3: Complete challenge and submit a photo/scan of your Walking Journal to jfanning@atascadero.org.

STEP 4: You will receive a fun prize in the mail after reaching your milestone (while supplies last).

Name: _____ Cell#: _____

Address: _____ City: _____

Email: _____

	Day 1 Time/Steps	Day 2 Time/Steps	Day 3 Time/Steps	Day 4 Time/Steps	Day 5 Time/Steps	Day 6 Time/Steps	Day 7 Time/Steps
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

EXERCISE TIPS:

Stay hydrated. Stretch. Obey traffic. Wear a pedometer.
Keep social distancing of 6' or more.

Mail completed form to City of Atascadero, c/o Jennifer Fanning, 5599 Traffic Way, Atascadero, CA 93422 or email to jfanning@atascadero.org.

THE CITY OF
ATASCADERO
COMMUNITY SERVICES DEPARTMENT



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