

# Weekly Step Log Salida 10k-a-Day 2023

Please fill in the appropriate date with the number of steps you took that day. Submit this form by taking a photo of it or scanning it and sending it to [SalidaRaces@cityofsalida.com](mailto:SalidaRaces@cityofsalida.com). Turn in your weekly step totals by the following Monday to receive a bonus entry into the end of challenge drawing! (For example, turn in your totals for week 1 by the end of day on May 8)

First name \_\_\_\_\_ Last name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Organization \_\_\_\_\_

## Week 1

May 1: \_\_\_\_\_

May 2: \_\_\_\_\_

May 3: \_\_\_\_\_

May 4: \_\_\_\_\_

May 5: \_\_\_\_\_

May 6: \_\_\_\_\_

May 7: \_\_\_\_\_

**Total:** \_\_\_\_\_

## Week 2

May 8: \_\_\_\_\_

May 9: \_\_\_\_\_

May 10: \_\_\_\_\_

May 11: \_\_\_\_\_

May 12: \_\_\_\_\_

May 13: \_\_\_\_\_

May 14: \_\_\_\_\_

**Total:** \_\_\_\_\_

## Week 3

May 15: \_\_\_\_\_

May 16: \_\_\_\_\_

May 17: \_\_\_\_\_

May 18: \_\_\_\_\_

May 19: \_\_\_\_\_

May 20: \_\_\_\_\_

May 21: \_\_\_\_\_

**Total:** \_\_\_\_\_

## Week 4

May 22: \_\_\_\_\_

May 23: \_\_\_\_\_

May 24: \_\_\_\_\_

May 25: \_\_\_\_\_

May 26: \_\_\_\_\_

May 27: \_\_\_\_\_

May 28: \_\_\_\_\_

**Total:** \_\_\_\_\_