|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| Sunday |  |  |  |  |  |  |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |
| TOTAL STEPS |  |  |  |  |  |  |
| Total Km  Steps ÷ 1312 |  |  |  |  |  |  |

Count Your Steps

**Each Saturday send the number of kilometers (steps ÷ 1312) to**

[vg4awalk@gmail.com](mailto:vg4awalk@gmail.com)

For fundraising, you have two options:

* On paper: download the Pledge Form 2022 from this web page [here](https://www.vg4a.ca/event-4719414)

* Online: Create a personal fundraising page as part of our team, VG4A Virtual Walk 2022 [here](https://slf.akaraisin.com/ui/stridetoturnthetide2022/t/9e36ea8ffd984d2fb192647d5f823399)