Date	Time
01/01/22	20 min
05/08/22	
05/09/22	
05/10/22	
05/11/22	
05/12/22	
05/13/22	
05/14/22	
05/15/22	
05/16/22	
05/17/22	
05/18/22	
05/19/22	
05/20/22	
05/21/22	
05/22/22	
05/23/22	
05/24/22	
05/25/22	
05/26/22	
05/27/22	
05/28/22	
05/29/22	
05/30/22	
05/31/22	
06/01/22	
06/02/22	
06/03/22	
06/04/22	
06/05/22	

EXAMPLE

Walk Across Pocahontas County
May 8th-June 5th

Laurens
Plover
Havelock
Rolfe
Pocahontas
Gilmore City
Varina
Palmer
Fonda

Please print name clearly:

_____

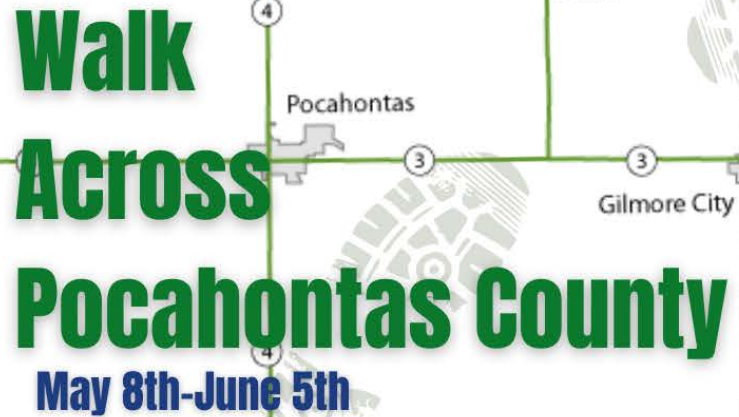**Record the number of minutes daily, the goal is to log a minimum of 480 minutes for the program.
Please turn in to Amy Johnson by June 10th to recieve credit.**

Pocahontas Wellness
COUNTY