



SCOA GLOBE WALK 2024

Totals for the month of _____

Captain: _____

SUN	MON	TUE	WED	THU	FRI	SAT

1km = 1300 Steps = 15 minutes of exercise

KM This Week:

KM This Week:

KM This Week:

KM This Week:

KM This Week:

Name:

Age Category

- 50-59
 60-69
 70-79
 80-89
 90-99
 100+

Forever...

