



Driving Park Walking Club Member Trip Card

Creating healthy lifestyles through physical activity and nutrition.

Instructions: Record your miles for each day of the week(s) that you walk. Add your days within the week to get your total miles for the week

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1								
2								
3								
4								
5								

Did you reach your destination? Yes No if no, why not?

Trip Status:
Your Total Miles
for the month

