

# walking champions challenge

Put an X through each circle as you complete the weekly challenges

## week 1

Walking in the environment: go for a 15 minutes walk outdoors in nature

## week 2

Walking for transportation: walk instead of driving somewhere, like to school

## week 3

Walking for speed: see how fast you can walk 100 meters

## week 4

Walking for social interaction: go for a walk with a friend



## week 5

Walking for health and wellness: go for a walk and learn about the benefits of walking

## week 6

Walking faster: see if you can beat your 100m walking time

## week 7

Walking mentorship: walk and hear Evan Dunfee talk

*you finished  
congratulations!*

**Name:**

Week 3 100m time:

Week 6 100m time: