

Team 3-Day Walking Tracker

For a team of 2 to 4. Write each walker's steps and glasses of water.

Walk & Water
getyourbmr.com

TEAM NAME

ROUND DATES (TUE-THU)

DAY	WALKER 1	WALKER 2	WALKER 3	WALKER 4
name / goal				
Tuesday				
water				
Wednesday				
water				
Thursday				
water				

TEAM AVERAGE STEPS (ADD THEM UP, DIVIDE BY WALKERS)

FRIDAY: WHAT WE'RE CELEBRATING