



# SCOA GLOBE WALK 2023

TOTALS FOR THE MONTH OF \_\_\_\_\_ CAPTAIN: \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT

**KM This Week:**  
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**KM This Week:**  
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**KM This Week:**  
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**KM This Week:**  
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**KM This Week:**  
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Name: \_\_\_\_\_

MALE     FEMALE

**1km = 1300 Steps =  
15 minutes of exercise**

AGE:     50-59     60-69

70-79     80-89

90-99     100+



Saskatchewan  
**SENIOR FITNI**  
Association



Forever...

DAKOTA DUNES  
COMMUNITY DEVELOPMENT  
CORPORATION