Derby Walks

January						
S	M	T	W	T	F	S

February						
S	M	T	W	T	F	S

March						
S	M	T	W	T	F	S

April						
S	M	T	W	T	F	S

May						
S	M	T	W	T	F	S

June						
S	M	T	W	T	F	S

July						
S	M	T	W	T	F	S

August						
S	M	T	W	T	F	S

September						
S	M	T	W	T	F	S

October						
S	M	T	W	T	F	S

November						
S	M	T	W	T	F	S

December						
S	M	T	W	T	F	S

Totals-Miles/Minutes
Yearly Total

- Commit to walking 30 minutes most days.
- Track your miles or minutes.
- Use the DRC indoor track for free during inclement weather (must be registered with the Derby Walks program.)

Return your tracking card to the Derby Recreation Commission at the end of the year.

DHC DERBY HEALTH COLLABORATIVE