MOC WALK CHALLENGE

MUSHKEGOWUK HEALTH

MUSHKEGOWUK COUNCIL ᐅᒪᐢᑯ ᐅᑭᒪᐃᐃᐢ

Name:

Steps are due every Monday at 11:59PM. Late submission will not be accepted

www.mushkegowukhealth.com/mocwalk

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
M	M	M	M	M	M
T	T	T	T	T	T
W	W	W	W	W	W
T	T	T	T	T	T
F	F	F	F	F	F
S	S	S	S	S	S
S	S	S	S	S	S

WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
M	M	M	M	M	M
T	T	T	T	T	T
W	W	W	W	W	W
T	T	T	T	T	T
F	F	F	F	F	F
S	S	S	S	S	S
S	S	S	S	S	S