

St. Mary's County
 Department of Aging & Human Services
Walk Maryland Log - 2022

Name: _____

Phone Number: _____

Gender: Male _____ Female _____ Age _____

(If you prefer to log miles or steps, please indicate)



Turn in by the 5th
 of the following
 month to be
 entered in
 monthly prize
 drawings!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Minutes for the Week:
Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	
Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	
Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	
Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	
Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	Date: Minutes:	

New month-start a new log sheet, available at your local senior activity center or online at www.stmarysmd.com/aging.

Log sheets can be turned in at any senior activity center reception desk.

Brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services