

St. Mary's County Department of Aging & Human Services Walk Maryland Log - 2019







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

Name: _____

Phone Number: _____

Gender: Male _____ Female _____ Age _____

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

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