



Walk To Africa 2020

Distance Tracking Sheet

Welcome to the #WalktoAfrica2020 Challenge! Here's what you need to do:

1. Print out this form, or record your activity (including date, type of activity, and distance covered) on the Notes app on your phone.
2. Take photos and/or videos of you exercising, and post them on Instagram and Facebook. Please tag @reachouttoafrika on Instagram and @reachout2africa on Facebook to spread the word and share the fun!
3. After June 15th, take a picture or screenshot of your updated form and email it to dan.mitchell@schools4schools.org or DM (direct message) it to Reachout's Instagram account (@reachouttoafrika).
4. Thank you for participating... now get moving!

Name: _____ Location: _____ Cell: () _____ - _____ e-mail: _____

	<u>Date</u>	<u>Activity</u> (e.g. Walking, biking, rollerblading, etc.)	<u>Distance</u>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
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21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
		Total Distance I covered to Africa	

*To be eligible to receive any rewards or prizes in this campaign, you ARE required to send in regular updates of the distance cover by you. **Please take a picture of your updated form and send it to Dan Mitchell at dan.mitchell@icloud.com or post it to Instagram at www.instagram.com/reachouttoafrika

Thank you for your support