



STEP OUTSIDE IN JULY CHALLENGE

Name: _____ Community/School _____

Role in Special Olympics: (check one)

- Athlete
 Unified Partner
 Family Member
 Volunteer
 Teacher

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Track your steps each day from 7/1 - 7/31. Record your daily steps on the log.

Submit your log by 8/6/21

Email your completed log to coby@specialolympicsalaska.org
or mail to

Special Olympics Alaska
3200 Mountain View Dr,
Anchorage, AK 99501

**Special
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Alaska



Total Steps