You may wish to use this recording form to track your time walking before entering the data on the Simple Steps online calendar. ***Remember to enter your time no later than the 10th of each month to be eligible for prize drawings!***

MONTH: _____

Date	Minutes Walked	Group Walk	Other Activity
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		☐	

SIMPLE STEPS
In Dakota County

To log your time on the Simple Steps online calendar, go to:

www.DakotaCounty.us
(type "Simple Steps" in the search box)

Example:

Date	Minutes Walked	Group Walk	Other Activity
1	10	☐	15 - bike
2		☐	
3	20	☒	

Questions? Call 651-554-6100.

Visit www.DakotaCounty.us for walking tips and resources, including maps of walking trails in Dakota County!