

AMA ALLIANCE

SHAPE UP FOR LIFE CHALLENGE

Phase III Walking Competition – July 1, 2004 to December 31, 2004

July 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
				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	

August 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
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					

September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
			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			

October 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
31					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	

November 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
	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					

December 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
			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		

2004 TOTALS

July _____

August _____

September _____

October _____

November _____

December _____

My Shape for Life Walking Total:

Team Name: _____