

<p>Name: _____</p> <p style="text-align: center;"><b>Volunteer Hours</b></p> <p>Month(s) [ _____ ] Year [ _____ ]</p> <p>Number of Hours: _____</p>	<p>Name: _____</p> <p style="text-align: center;"><b>Walking Steps</b></p> <p>Month(s) [ _____ ] Year [ _____ ]</p> <p>Number of Steps: _____</p>
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**Fill in the forms above to reflect your volunteer and walking progress.**

**Remember 1 mile = 2000 steps.**

**Also, a healthy adult will walk 4000 steps per day, so remember to add those steps into your report.**