

Canadatrek

Name _____

Date _____

Day	Distance	Weekly Total	Month to Date Total
1			
2			
3			
4			
5			
6			
7			

Chart A

Day	Distance	Weekly Total	Month to Date Total
8			
9			
10			
11			
12			
13			
14			

Chart B

Day	Distance	Weekly Total	Month to Date Total
15			
16			
17			
18			
19			
20			
21			

Chart C

Day	Distance	Weekly Total	Month to Date Total
22			
23			
24			
25			
26			
27			
28			

Chart D

Day	Distance	Weekly Total	Month to Date Total
29			
30			
31			

Chart E

Add all Distance totals within each chart to obtain a Weekly total for the chart. Copy the Weekly total on Chart A to the Month to Date Total on Chart A. Add the Month to Date Total on Chart A to the Weekly Total on Chart B to obtain the Month to Date Total on Chart B. Add the Month to Date Total on Chart B to the Weekly Total on Chart C to obtain the Month to Date Total on Chart C. Follow the same pattern for Charts D and E.