

# STEP LOG



Submit your steps weekly using our online form. If you are unable to access the step submission form, please email your steps to [mocwalk@mushkegowuk.ca](mailto:mocwalk@mushkegowuk.ca)

Mon

Tues

Wed

Thurs

Fri

Sat

Sun



don't forget to  
submit your steps  
by 11:59 PM on  
Sunday