



# **AKC FIT DOG: Walk/Run Documentation Form** **May be used for Category B (Runs) and C (Walks and Hikes)**

Year \_\_\_\_\_ Handler name \_\_\_\_\_

Dog call name \_\_\_\_\_ Dog AKC number \_\_\_\_\_

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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**BRONZE** - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.

**SILVER** - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.

**GOLD** - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.