

ROANOKE STRIDERS STEP TRACKING CHART

S	M	T	W	TH	F	S
September	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	October 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	November 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 1	2	3	4	5	6
7						