



Nampa Composite Squadron
 Civil Air Patrol | RMR-ID-015
 121 Municipal Drive
 Nampa, Idaho 83687



WALK TO MARS FITNESS REPORTING

Name: _____

Totals calculated by either (1) total steps reported or (2) duration of activity x steps per minute conversion from chart.

CAP ID	DATE	ACTIVITY	DURATION (minutes)	Conversion	STEPS	TOTAL STEPS

By signing this form you are attesting that the information above is an accurate reporting of activities completed by the reporting member.

Member Signature:

Parent Signature (if member is cadet):

****Turn in on the FIRST Tuesday of each month****