



Walkathon 35-Day Walk Challenge!

To celebrate the 35th anniversary of the Chubu Walkathon, we invite you to join the special 35-Day Walk Challenge - a fun way to stay active while supporting the community.

The Challenge:
Walk at least 3,500 steps each day for 35 consecutive days before the Walkathon!
To participate, you need to start from April 19!

1 Track Progress!

Count your steps and record your daily steps on this calendar. Every step counts!

2 Submit Your Steps!

Bring your completed calendar to the 2026 Walkathon for a chance to receive a special prize!

3 Optional: Get Sponsors!

Ask friends, family or companies to sponsor your challenge.

Example:
 ¥500 to complete the challenge
 or ¥100 for each day completed, etc.

Tracking Calendar

Start!	April 19 Total steps:	April 20 Total steps:	April 21 Total steps:	April 22 Total steps:	April 23 Total steps:	April 24 Total steps:	April 25 Total steps:
	April 26 Total steps:	April 27 Total steps:	April 28 Total steps:	April 29 Total steps:	April 30 Total steps:	May 1 Total steps:	May 2 Total steps:
	May 3 Total steps:	May 4 Total steps:	May 5 Total steps:	May 6 Total steps:	May 7 Total steps:	May 8 Total steps:	May 9 Total steps:
	May 10 Total Total	May 11 Total steps:	May 12 Total steps:	May 13 Total steps:	May 14 Total steps:	May 15 Total steps:	May 16 Total steps:
	May 17 Total steps:	May 18 Total steps:	May 19 Total steps:	May 20 Total steps:	May 21 Total steps:	May 22 Total steps:	May 23 Total steps:

Sponsor Pledge Tracker

Name	Pledge Amount	Name	Pledge Amount
<u>1</u>	¥ _____	<u>4</u>	¥ _____
<u>2</u>	¥ _____	<u>5</u>	¥ _____
<u>3</u>	¥ _____	<u>6</u>	¥ _____

How to Submit Your Donation:

If you are attending the Walkathon:

- Collect donations in cash before the event
- Bring the cash with you to Meijo Park on May 24
- Donate it directly at the Chubu Walkathon

If you cannot attend the Walkathon, collect donations and wire transfer the funds to the ACCJ bank account:

- **Bank:** MUFG Bank 三菱UFJ銀行 (0005)
 - **Branch:** Ootsumachi Branch 大津町支店 (203)
 - **Account Type:** Ordinary Account 普通 **Account number:** 1487399
 - **Account Name:** ザイニチペイコクシヨウコウカイギシヨチュウブシブ
- (Please include your name or "35-Day Walk Challenge" in the transfer reference)*