

PRIDESTRONG VOLUNTEER TIMESHEET

ResQwalk Volunteering

Many Pride members use the free ResQwalk app to support the non-profit animal organizations of their choice. For every mile you walk, corporate sponsors donate to the organization you selected. Each time you complete the PrideStrong Volunteer Survey, you can enter your ResQwalk data for up to three beneficiary organizations.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL THIS WEEK	+ PREVIOUS TOTAL	= CUMULATIVE TOTAL
TODAY'S DATE										
beneficiary organization 1: _____										
hours walked using ResQwalk										
distance walked using ResQwalk (mi or km)										
beneficiary organization 2: _____										
hours walked using ResQwalk										
distance walked using ResQwalk (mi or km)										
beneficiary organization 3: _____										
hours walked using ResQwalk										
distance walked using ResQwalk (mi or km)										