

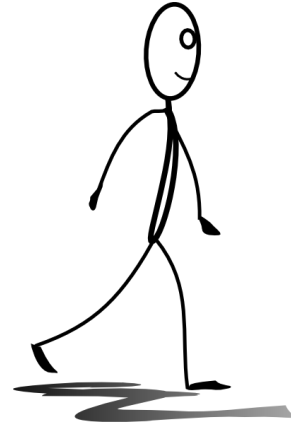
Quarter 3 Wellness Activity 2022 Walking Challenge

Walk the amount of steps that is listed below in 1 month. **ALL** steps must be completed in order for it to count, they do not have to be completed in the order the steps are listed. Mark off the amount of steps as you have completed them. You are responsible for getting you own pedometer, many smart phones have this feature installed or an app able to be installed on them.

Name: _____

Department: _____

Month: September October (circle one)



Steps	Date Completed	Steps	Date Completed
5,000		10,000	
5,000		10,500	
5,000		11,000	
5,000		11,500	
5,000		12,000	
5,000		12,500	
5,000		13,000	
5,000		13,500	
5,500		14,000	
6,000		14,500	
6,500		15,000	
7,000		15,500	
7,500		16,000	
8,000			
8,500			
9,000			
9,500			

**only one box may be complete per day*

Please submit your completed form to the Staff in the Rec Center or email to recc@larsondoors.com by **November 4th, 2022** for the chance to win a prize.