**Summer Wellness Activity 2023 Walking Challenge**

Walk the number of steps that is listed below in 1 month. **ALL** steps must be completed for it to count, they do not have to be completed in the order the steps are listed. Mark off the number 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:** June July August (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 | *\*only one box may be complete per day* |
| 8,500 |  |
| 9,000 |  |
| 9,500 |  |

Please submit your completed form to the Staff in the Rec Center or email to recc@larsondoors.com **by September 8th, 2023,** for the chance to win a prize.