



[year & quarter] Quarter Event Step-by-Step Challenge Walking Your Way To Wellness

What it is: Sixty percent of today's Americans do not get the recommended amount of physical activity, while twenty five percent aren't active at all. Do you know where you fit in? With this Step-by-Step Challenge you can make physical inactivity a thing of the past. This 12-week program has been designed to get you more physically active. In fact, our goal is for you to walk 10,000 steps a day by the end of the campaign. This may sound like a lot, but keep in mind you are probably already walking between 3,000 to 5,000 steps each day now.

How it works: We know this goal may seem steep, and that's why we've included some great incentives to keep you moving. To help keep track of your progress during the 12 weeks, simply fill out the activity logs, which will be provided, with your daily steps each day. You will earn points along the way for all your efforts. Earn 1 point for every 500 steps walked. Remember - the goal of this program is to increase your physical activity, so don't compare your daily activity to someone else's. Your goal is to take more steps per day by the end of the program than you did at the beginning.

How to get started: Choose a team consisting of four team members. Choose one team member to be the team captain (the team captain will be responsible for reporting weekly points). Complete the registration form below. Your company coordinator will give you all the materials you need to start the challenge.



Registration

Company _____

Address _____

Name _____ Phone _____

Email _____

Team members:

1. _____

2. _____

3. _____

4. _____

2010 -- Quarter Event: Individual Tracking Log

Name	Phone:	Email:
Team Name:		

Week 1			
Tracking Log			
Day	Date	Steps	Points
1	1/4/2010		
2	1/5/2010		
3	1/6/2010		
4	1/7/2010		
5	1/8/2010		
6	1/9/2010		
7	1/10/2010		
Week 1		Total Points:	

Week 2			
Tracking Log			
Day	Date	Steps	Points
1	1/11/2010		
2	1/12/2010		
3	1/13/2010		
4	1/14/2010		
5	1/15/2010		
6	1/16/2010		
7	1/17/2010		
Week 2		Total Points:	

Week 3			
Tracking Log			
Day	Date	Steps	Points
1	1/18/2010		
2	1/19/2010		
3	1/20/2010		
4	1/21/2010		
5	1/22/2010		
6	1/23/2010		
7	1/24/2010		
Week 3		Total Points:	

Week 4			
Tracking Log			
Day	Date	Steps	Points
1	1/25/2009		
2	1/26/2009		
3	1/27/2009		
4	1/28/2009		
5	1/29/2009		
6	1/30/2009		
7	1/31/2009		
Week 4		Total Points:	

Total Points / Month:
