

2014 Get Moving Challenge: Weekly Step-Log: WEEK 1

1. Name: _____
2. Get moving and convert all physical activity into steps. Enter your daily totals below.

| Day | Mon., 4/14 | Tues., 4/15 | Weds., 4/16 | Thurs., 4/17 | Fri., 4/18 | Sat., 4/19 | Sun. 4/20 |
|-----------------|---------------|----------------|----------------|-----------------|---------------|---------------|--------------|
| Number of Steps | | | | | | | |

3. Total Steps: _____ (please add your totals from above)

Please return form to: Wellness Center - Stop 8365, or 801 Princeton St., Grand Forks, ND 58202) by **APRIL 23rd, 2014** to be entered into the weekly drawing.

✂-----

2014 Get Moving Challenge: Weekly Step-Log: WEEK 2

1. Name: _____
2. Get moving and convert all physical activity into steps. Enter your daily totals below.

| Day | Mon., 4/21 | Tues., 4/22 | Weds., 4/23 | Thurs., 4/24 | Fri., 4/25 | Sat., 4/26 | Sun. 4/27 |
|-----------------|---------------|----------------|----------------|-----------------|---------------|---------------|--------------|
| Number of Steps | | | | | | | |

3. Total Steps: _____ (please add your totals from above)

Please return form to: Wellness Center - Stop 8365, or 801 Princeton St., Grand Forks, ND 58202) by **April 30th, 2014** to be entered into the weekly drawing.

2014 Get Moving Challenge: Weekly Step-Log: WEEK 3

1. Name: _____
2. Get moving and convert all physical activity into steps. Enter your daily totals below.

| Day | Mon., 4/28 | Tues., 4/29 | Weds., 4/30 | Thurs., 5/1 | Fri., 5/2 | Sat., 5/3 | Sun. 5/4 |
|-----------------|---------------|----------------|----------------|----------------|--------------|--------------|----------|
| Number of Steps | | | | | | | |

3. Total Steps: _____ (please add your totals from above)

Please return form to: Wellness Center - Stop 8365, or 801 Princeton St., Grand Forks, ND 58202) by **May 7th, 2014** to be entered into the weekly drawing.

✂-----

2014 Get Moving Challenge: Weekly Step-Log: WEEK 4

1. Name: _____
2. Get moving and convert all physical activity into steps. Enter your daily totals below.

| Day | Mon., 5/5 | Tues., 5/6 | Weds., 5/7 | Thurs., 5/8 | Fri., 5/9 | Sat., 5/10 | Sun. 5/11 |
|-----------------|--------------|---------------|---------------|----------------|--------------|---------------|--------------|
| Number of Steps | | | | | | | |

3. Total Steps: _____ (please add your totals from above)

Please return form to: Wellness Center - Stop 8365, or 801 Princeton St., Grand Forks, ND 58202) by **May 14th, 2014** to be entered into the weekly drawing.

✂-----