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

Day	Mon., 4/14	Tues., 4/15	Weds., 4/16	Thurs., 4/17	Fri., 4/18	Sat., 4/19	Sun. 4/20
Number of teps							
3. Total	Steps:	(p	lease add you	r totals from a	above)		
				5, or 801 Prin weekly drawin		rand Forks,	ND
<							
	_				tep-Log	 : WEEI	<b>X</b> 2
2014	Get Mo	oving Ch	allenge: \	Weekly S	tep-Log	 : <u>WEEI</u>	<u>X 2</u>
2014  1. Name	Get Mo	oving Ch	allenge: \	Weekly S			
2014  1. Name	Get Mo	oving Ch	allenge: \	Weekly S			
2014  1. Name 2. Get m	Get Mon.,	oving Ch onvert all ph Tues.,	allenge: \ ysical activity  Weds.,	Weekly S into steps. Er Thurs.,	ter your da Fri.,	ily totals bel	ow.

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

Day	Mon., 4/28	Tues., 4/29	Weds., 4/30	Thurs., 5/1	Fri., 5/2	Sat., 5/3	Sun. 5,
umber of eps							
3. Total	Steps:	(b	olease add you	ır totals from	above)		
			er – Stop 836. d into the wee	5, or 801 Prin ekly drawing.	ceton St., G	rand Forks	, ND
<b></b>							
<b>(</b>							
					ep-Log: V	 VEEK 4	1
20	)14 Get N	Moving C	hallenge: V	Weekly Sta	ep-Log: <u>\</u>	 <u>VEEK 4</u>	<u>!</u>
20 1. Name	)14 <b>Get N</b> ::	Moving C	hallenge: \				
20 1. Name	)14 <b>Get N</b> ::	Moving C	hallenge: \	Weekly Sta			
20 1. Name 2. Get n	014 Get Ne:	Moving Convert all ph	hallenge: N  ysical activity  Weds.,	Weekly Sta	ter your dai	ly totals bel	ow.
1. Name 2. Get n  Day  umber of reps	014 Get Ne:noving and common, 5/5	Moving Convert all phoronometric Tues., 5/6	hallenge: Newsical activity  Weds.,  5/7	Weekly Sta	ter your dai Fri., 5/9	ly totals bel	ow.