

You can go on-line and enter steps at: und.edu/getmoving or enter below.

2016 Get Moving Challenge: Weekly Step-Log: WEEK 1

April 4 – April 10, 2016

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

Day	Mon.,	Tues.,	Weds.,	Thurs.,	Fri.,	Sat.,	Sun.
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 13, 2016** to be entered into the weekly drawing.

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2016 Get Moving Challenge: Weekly Step-Log: WEEK 2

April 11 – April 17, 2016

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

Day	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
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 20, 2016** to be entered into the weekly drawing.

You can go on-line and enter steps at: und.edu/getmoving or enter below.

2016 Get Moving Challenge: Weekly Step-Log: WEEK 3

April 18 – April 24, 2016

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

Day	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
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 27, 2016** to be entered into the weekly drawing.

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2016 Get Moving Challenge: Weekly Step-Log: WEEK 4

April 25 – May 1, 2016

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

Day	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
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 4, 2016** to be entered into the weekly drawing.