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

Day	Mon.,	Tues.,	Weds.,	Thurs.,	Fri.,	Sat.,	Sun
lumber of iteps							
3. Total S	Steps:	(please a	add your totals	from above)			
ease return f	orm to: Wellr	ness Center –	Stop 8365, or	801 Princeton S	St., Grand Fo	rks, ND 5820	2) by <u>Ar</u>
<u>, 2016</u> to be	e entered into	the weekly o	drawing.				
							К 2
				Weekly			<u>K 2</u>
		oving Ch	nallenge:	Weekly	Step-Lo		 К 2
		oving Ch	nallenge:		Step-Lo		<u>К 2</u>
2016	Get Mo	oving Ch	nallenge:	Weekly	Step-Lo		<u>К 2</u>
2016 1. Name	Get Mo	oving Ch <u>April</u>	nallenge: 11 – Ap	Weekly <u>ril 17, 20</u>	Step-Lo <u>16</u>	g: <u>WEE</u>	<u>К 2</u>
2016 1. Name	Get Mo	oving Ch <u>April</u>	nallenge: 11 – Ap	Weekly	Step-Lo <u>16</u>	g: <u>WEE</u>	<u>K 2</u>
2016 1. Name 2. Get m	Get Mo	oving Ch <u>April</u>	nallenge: 11 – Ap	Weekly <u>ril 17, 20</u>	Step-Lo <u>16</u>	g: <u>WEE</u>	K 2
2016 1. Name	Get Mo	April nvert all phys	nallenge:	Weekly ril 17, 20 o steps. Enter	Step-Lo	g: WEE	
2016 1. Name 2. Get m	Get Mo	April nvert all phys	nallenge:	Weekly ril 17, 20 o steps. Enter	Step-Lo	g: WEE	

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.

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

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

	oving and co		 ical activity int	o steps. Enter	vour dailv to	tals below.	
Day	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
Number of Steps							
3. Total S	Steps:	(please a	add your totals	from above)			
Please return f 27, 2016 to be				801 Princeton	St., Grand Fo	rks, ND 5820	2) by April
×							
2016	Get Mo	oving Ch	nallenge:	Weekly	Step-Lo	g: WEE	<u>K 4</u>
		<u>Apr</u>	<u>il 25 – M</u>	ay 1, 201	<u> 16</u>		
1. Name:							
		nvert all phys	ical activity int	o steps. Enter	our daily tot	als below.	
Day	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
Number of Steps							
3. Total S	I Steps:	(please a	add your totals	from above)	l	1	1

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.