



LCSC March Madness



March 2, 2015 to March 29, 2015

Spring is just around the corner and being in great shape makes this time of the year more energizing than ever! Meet the important daily requirement of physical activity most days of the week because it is...

LCSC March Madness!

Rules:

Level 1 - If you are just starting a physical activity program

Put an "x" in the box for each day that you complete **7,000 steps** or **20 minutes** of physical activity.

Level 2 - If you already exercise 2-3 times per week

Put an "x" in the box for each day that you complete **10,000 steps** or **30 minutes** of physical activity.

Please Note:
The Challenge Begins on
Monday, March 2, 2015

- At the end of each week, total the number of days that you met the minimum requirement of your selected level. To be eligible for the drawing, you must meet the **minimum requirement 5 days per week for all 4 weeks.**
- At the end of the 4 weeks, turn this sheet in to your Wellness Coordinator by Monday, April 6, 2015 to be entered into a **drawing for 150 \$20.00 Fleet Farm gift cards.**
- Wellness Coordinators will be responsible to submit activity logs to LCSC by Monday, April 13, 2015. The drawing will be held on Thursday, April 16, 2015 and results will be posted at www.lcsc.org on Monday April 20, 2015. Gift cards will be mailed the week of April 20, 2015 to the Wellness Coordinators for distribution.

Circle One: Level 1 Level 2 District/COGA Entity _____

Name _____ Position _____ Address _____

City _____ State _____ Zip _____ Daytime Phone _____



Week #	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat	Sun.	Total # of days
1	Mar 02	Mar 03	Mar 04	Mar 05	Mar 06	Mar 07	Mar 08	
2	Mar 09	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	
3	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	
4	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	