

Walk To Wellness Challenge

May 11th – June 12th

Step Tracker and Exit Form



PARTICIPANT INFORMATION:

Participant Name:			
Email:		Phone:	
Location:	<input type="checkbox"/> City of Prescott	<input type="checkbox"/> Yavapai College	<input type="checkbox"/> Yavapai County <input type="checkbox"/> Town of Chino Valley

Keep track of your daily steps on your favorite app or wearable device. Enter your total number of steps each day below.

Give yourself 1 point for each day you reach at least 8,000 steps or 2 points for each day you reach 10,000 steps

May 11 – June 12, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11	12	13	14	15	16
	_____ points					
17	18	19	20	21	22	23
_____ points	_____ points	_____ points	_____ points	_____ points	_____ points	_____ points
24	25	26	27	28	29	30
_____ points	_____ points	_____ points	_____ points	_____ points	_____ points	_____ points
31	1	2	3	4	5	6
_____ points	_____ points	_____ points	_____ points	_____ points	_____ points	_____ points
7	8	9	10	11	12	
_____ points	_____ points	_____ points	_____ points	_____ points	_____ points	
Total Points						

EXIT INFORMATION:

Submit Step Tracker & Exit Form by email to challenges@welcoaz.org by **6/15/2020**.

Questions? Reach out to your Health Coach

