

EMPLOYEE

Walking Challenge

OCT. 16 - NOV. 19

week 1

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | TOTAL = |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| (1 mile) | (1 mile) | (1 mile) | (OFF) | (1 mile) | (1 mile) | (1 mile) | 6 MILES |
| <input type="checkbox"/> |

week 2

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | TOTAL = |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| (OFF) | (1.5 miles) | (1.5 miles) | (1.5 miles) | (OFF) | (1.5 miles) | (1.5 miles) | 7.5 MILES |
| <input type="checkbox"/> |

week 3

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | TOTAL = |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| (1.5 miles) | (OFF) | (1.5 miles) | (2 miles) | (2 miles) | (OFF) | (2 miles) | 9 MILES |
| <input type="checkbox"/> |

week 4

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | TOTAL = |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| (2 miles) | (2 miles) | (OFF) | (2 miles) | (2.5 miles) | (2.5 miles) | (OFF) | 11 MILES |
| <input type="checkbox"/> |

week 5

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | TOTAL = |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| (2 miles) | (2 miles) | (2 miles) | (OFF) | (2 miles) | (2.5 miles) | (2.5 miles) | 13 MILES |
| <input type="checkbox"/> |



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Will I get a confirmation email?

A confirmation email will be sent out on 10/17 to all registered participants in addition to a weekly email full of useful tips and encouragement!

Can I run or jog instead of walk?

Yes, as long as your mileage meets (or exceeds) the weekly total; walking at work or counting steps at work does not apply.

Do I have to follow this specific walking schedule each week?

It is not necessary to walk on the specific days indicated on the sheet each week; this is simply a recommendation. Your weekly total should equal or exceed the recommended mileage allotted for each week.

Am I allowed to walk someplace other than HealthPoint?

Yes. You may walk anywhere; your neighborhood, the mall, an at-home treadmill, etc.

How can I access the track if I'm not a HealthPoint member?

Both locations will have a list of Walking Challenge participants at the front desk. When you arrive, please show your employee badge to the front desk staff and sign a waiver. The track will be available on Thursdays and Fridays from noon-4 p.m. and all day on Saturdays and Sundays.

How do I get entered into the weekly prize drawing?

Every Monday we will send out an email for you to submit your miles for the previous week. You must have your miles submitted no later than the following Monday at 5 p.m.. We will then email the winners letting them know where to pick up their prize!

How do I submit my form?

You can submit your miles online or send a picture of your tracking sheet to the link that will be emailed out every Monday.

