Walktober

Take the challenge to accumulate 500 minutes of walking or running from October 1-31 and be eligible for prizes!

Get your tracking sheets at the front desk.

Program Guidelines

- Any continuous walking/running indoors or outdoors qualifies.
- Log your progress on the tracking sheet.
- Everyone who completes 500+ minutes will be entered in prize drawing.
- Turn in completed form to the front desk by November 4.
- Winners will be published at center and notified by phone and/or email.

FirstHealth
FITNESS

Walktober

October 1-31

Accumulate 500 minutes or more of walking (indoors or outdoors) to be eligible for prizes. Record your walking/running minutes below and turn in your form to the Fitness Center front desk by Nov. 4.

Name _____ Phone: _____

Email: _____

Date	Walk/Run Minutes	Date	Walk/Run Minutes

Total minutes: _____

Winners will be notified by phone and/or email.

FirstHealth FITNESS