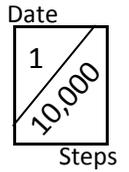


Track it!

Example: Fill-in the month and the coinciding days of the month in the left side of each box. In the right side of the box, fill-in how many steps you walked that day. Total is the collective steps for that month. Turn into your wellness committee representative. Need more calendars? Just ask.



Don't forget to download the FREE Charity Miles app and join the "CityofGreenRiverEmployees" team to get a sponsoring company (pre-set) to donate to a charity of your choice for every mile you walk! You pay nothing!

Month				Total		
S	M	T	W	T	F	S
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Month				Total		
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Name _____

Total _____

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Steps

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Month				Total		
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Name _____

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