




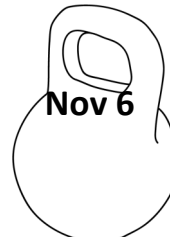








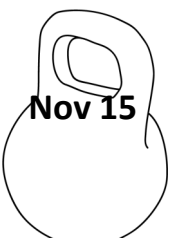

















# Walk There

Nov 1st-Nov 30th

Worth 2 Wellness points

The Walk There Challenge invites you to walk 120 miles in one month (4 miles a day). Walking is one of the healthiest things you can do. Track the number of miles you walk each day or let your device do the tracking. To complete the challenge, track 120 miles or more.

 Nov 1	 Nov 2	 Nov 3	 Nov 4	 Nov 5	 Nov 6	 Nov 7
 Nov 8	 Nov 9	 Nov 10	 Nov 11	 Nov 12	 Nov 13	 Nov 14
 Nov 15	 Nov 16	 Nov 17	 Nov 18	 Nov 19	 Nov 20	 Nov 21
 Nov 22	 Nov 23	 Nov 24	 Nov 25	 Nov 26	 Nov 27	 Nov 28
 Nov 29	 Nov 30					

I've completed the challenge!

Drop off form at HR Office / fax to 435-734-2038 or email to [mhernandez@boxeldercounty.org](mailto:mhernandez@boxeldercounty.org)