



Move It

June 1st- June 30th

The move it challenge invites you to take 5,000 steps a day for 25 days out of the next 30 days. It's not hard walk 5,000 steps in a day. It's only 2.5 miles (4 Kilometers). The trick is doing it every day (or almost every day) That's the habit this challenge is trying to build- a minimum amount of activity each day. Moving will help you feel better, look better, and be happier!

June1	June2	June3	June4	June5	June6	June7
June8	June9	June10	June11	June12	June13	June14
June15	June16	June17	June18	June19	June20	June21
June22	June23	June24	June25	June26	June27	June28
June29	June30					

(Print Name)

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org