EHT Recreation and the Mayors Wellness Campaign

60 Day – 100 Mile Challenge

Name:_____ Birthday: _____Phone Number: _____

Email: _____Mailing Address: _____

2,000 steps = 1 mile!

Date	# Of Step	Distance	Total
		Column 1 Total	

Date	# Of Step	Distance	Total
		Column 2 Total	
		TOTAL	

Don't forget to register at www.ehtrec.com to weekly email reminders and motivations!

All steps must be taken between Monday June 21 and Friday August 20