



5% Boost Walking Program Employee Weekly Step Totals Turn-In Forms

Send this form to Katie Garippa in HR by 11/5/2010 and enter to win a **\$50 Gift Card** to **Dick's Sporting Goods!** The raffle will be drawn a week after the challenge ends (12/7/10).

Work Well, Live Well!™ **5% Boost Walking Program**

Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.

NAME: _____

Week of: 10/1/10 through 10/7/10

Total Steps for the Week

Did you accomplish your goal
for the week?

YES

NO

Work Well, Live Well!™ **5% Boost Walking Program**

Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.

NAME: _____

Week of: 10/8/10 through 10/14/10

Total Steps for the Week

Did you accomplish your goal
for the week?

YES

NO

Work Well, Live Well!™ **5% Boost Walking Program**

Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.

NAME: _____

Week of: 10/15/10 through 10/21/10

Total Steps for the Week

Did you accomplish your goal
for the week?

YES

NO

Work Well, Live Well!™ **5% Boost Walking Program**

Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.

NAME: _____

Week of: 10/22/10 through 10/31/10

Total Steps for the Week

Did you accomplish your goal
for the week?

YES

NO

Try to increase your steps by 5% each week! Check with your Doctor before starting. Walking can reduce your risk of: Coronary Heart Disease, Diabetes, High Blood Pressure, Some Cancers, Alzheimer's Disease, Osteoporosis, Arthritis, and Depression.



5% Boost Walking Program Employee Weekly Step Totals Turn-In Forms

Send to Katie Garippa in HR by 12/6/2010 to be entered to win a **\$50 Gift Card** to **Dick's Sporting Goods!** The raffle will be drawn on 12/7/10.

Work Well, Live Well!™	5% Boost Walking Program
Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.	
NAME: _____	
Week of: <u>11/1/10</u> through <u>11/7/10</u>	
Total Steps for the Week	

Did you accomplish your goal for the week?	
YES	NO

Work Well, Live Well!™	5% Boost Walking Program
Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.	
NAME: _____	
Week of: <u>11/8/10</u> through <u>11/14/10</u>	
Total Steps for the Week	

Did you accomplish your goal for the week?	
YES	NO

Work Well, Live Well!™	5% Boost Walking Program
Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.	
NAME: _____	
Week of: <u>11/15/10</u> through <u>11/21/10</u>	
Total Steps for the Week	

Did you accomplish your goal for the week?	
YES	NO

Work Well, Live Well!™	5% Boost Walking Program
Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.	
NAME: _____	
Week of: <u>11/22/10</u> through <u>11/30/10</u>	
Total Steps for the Week	

Did you accomplish your goal for the week?	
YES	NO

Try to increase your steps by 5% each week!

Check with your physician before starting.

Regular walking can improve: Confidence, Stamina Energy, Weight Control, Life Expectancy, Stress and Mood.