

"Greene Walks"

Use this chart to log the minutes you've walked and to track your daily success!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTALS
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
TOTALS								

GreeneWalks provides a great opportunity to check out the local walking trails in Greene County. Check out our downloadable master trail map at www.greenehealthnetwork.com

This year's contest is bigger and better than ever! Eight cash prizes will be awarded at the end of the contest: **4 lucky participants will receive \$250 cash prizes and 4 will receive \$125!**

Walking Tips:

- * Break it up--walk 10 minutes a day, 3 times a day to reap the benefits of walking**
- * Park further from the door and walk to your destination**
- * When waiting for an appointment, take a walk**
- * Find a walking buddy to help you stay motivated**
- * In bad weather, walk at the gym or on a treadmill**
- * Get the whole family walking after dinner by walking instead of watching one TV show**

****To be eligible for prize drawings, please return log by November 11, 2016 via email**

(Melissa.scheriff@gmail.com) or mail to:

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