

# "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](http://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 9, 2018 via email**

*TCarrollrhn@gmail.com.*