



WALK FOR HEALTHY HEARTS, MIND AND BODIES LOG SHEET

The overall objective is to walk a minimum of 10,000 steps per day over an eight-week period. After participants register for the program, the log sheet below is to track your steps walked. Participants who complete the eight - week program and return their log sheets are eligible for incentives.

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Log sheets must be turned in by **August 1, 2012** to **CSI's office or one of CSI's sales reps.**

<u>Week</u>	<u>Dates</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	<u>Total Steps</u>
<u>Example</u>	9/29-10/3	7,500 Steps	8,500 Steps	11,000 Steps	9,500 Steps	10,300 Steps	10,000 Steps	12,000 Steps	68,800
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Total									Total

Walk or jog 3 times per week for 8- weeks. Remember that I should not exercise without the advice of a physician, especially if I have not been doing any physical activity in a while. Total your steps per week. At the end of the 8 -week period total the weekly totals for the 8- week grand total. Turn in log sheets to collect your incentive.