

# WALK 10k



**Sept 14-20, 2020**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

The goal of the WALK10k Challenge is to increase the number of steps taken daily to 10k a day throughout Medical Fitness Week. Please wear your pedometer or use your wearable device from the moment you wake up, to the moment you go to bed. At the end of the day, enter your total steps below. Reset your pedometer/wearable device in preparation for the next day.

<b>Monday, Sept 14 Total Steps</b>	
<b>Tuesday, Sept 15 Total Steps</b>	
<b>Wednesday, Sept 16 Total Steps</b>	
<b>Thursday, Sept 17 Total Steps</b>	
<b>Friday, Sept 18 Total Steps</b>	
<b>Saturday, Sept 19 Total Steps</b>	
<b>Sunday, Sept 20 Total Steps</b>	
<b>Total Steps for the WALK10k Week</b>	

Turn in completed card at [\[insert location here\]](#) by Sept 24, 2020.  
Thank you for your participation.

[\[Insert facility details/logo here\]](#)