



YOU DON'T HAVE TO GO FAST...YOU JUST HAVE TO GO!

WALK THE WALK 10,000 STEP A DAY CHALLENGE

Join the Goodland Wellness Committee in this 6 week 10,000 step a day challenge. Challenge yourself, family, friends, and your community to get moving and take 10,000 steps a day.

Why this challenge, it was created as a way to keep our community moving, fit, healthy and active. You take steps everyday with everything you do so why not use them and record them for the betterment of your health.

Cost is \$10.00 per individual, each individual may track steps with their own personal tracking device or we will provide you with a pedometer. You will log your weekly steps in a Google Document, the link will be emailed to you or available at 10,000 Step Challenge FACEBOOK page.

Registration deadline is Monday, January 8th, as the competition will begin Monday, January 15th and complete on Sunday, February 19th. You may register on line at www.goodlandgac.com, under 10,000 steps activity. You may pick/leave registration forms at GAC, RCDS, Healthful Solutions, Sherman County Health Dept.

Complete this 6 week challenge and you will be registered in the drawing for the 2 FITBITS we will be giving away, complete means registering your weekly steps every week on the Google Doc, even if you fall short of your goal, every step matters.

Challenge will be complete Sunday, February 19th that will be the final day to enter your weekly steps into the Google Doc. Drawing for the FITBITS will be held on Wednesday, February 21nd, winners will be notified by phone call or email.

Updates and information will be available on all Wellness Challenge Committee websites, follow us on FACEBOOK at Goodland 10,000 Step Challenge. WILL YOU ACCEPT THE CHALLENGE??

