

## My Walking Club Record

Name: \_\_\_\_\_

Date started walking this Quarter: \_\_\_\_\_

| Date       | Walking time/miles |
|------------|--------------------|
| October 1  |                    |
| October 2  |                    |
| October 3  |                    |
| October 4  |                    |
| October 5  |                    |
| October 6  |                    |
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| October 27 |                    |
| October 28 |                    |
| October 29 |                    |
| October 30 |                    |
| October 31 |                    |

| Date        | Walking time/miles |
|-------------|--------------------|
| November 1  |                    |
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| November 29 |                    |
| November 30 |                    |
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| Date        | Walking time/miles |
|-------------|--------------------|
| December 1  |                    |
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| December 28 |                    |
| December 29 |                    |
| December 30 |                    |
| December 31 |                    |

**Turn in your record to HR at the end of each quarter for points award and certificate.**

**4<sup>th</sup> Quarter, October - December, 2015**

Helping our employees STAY in **SHAPE!**