THE GOVERNOR'S WALKING CHALLENGE

Get involved in 30 minutes of physical activity everyday!

TAKE THE CHALLENGE, WALK FOR THE HEALTH OF IT

Name _____ **Group** _____

Address

_____

Date	Minutes of Walking	Estimated Miles**

Keep a record of the mileage you walk on this form. When you have logged 50 miles, fill in this log sheet and we will mail you a "Walk for Fitness Certificate." Mail it to:

Jill Nye McKeown, VT Department of Health, Office of Health Promotion, P.O. Box 70, Burlington, VT 05402

Then start logging your next 50 miles to earn the Governor's 100 Mile Challenge Pin; and for 500 miles you may earn a tee shirt, so keep track of your mileage on this sheet (front and back) and mail it to the same address. Good Luck

** Moderate Pace - 1 mile = 20 minutes **Brisk Pace - 1 mile = 15 minutes

Date	Minutes of Walking	Estimated Miles**