



Hello Walktober Team Captains!

Welcome to the 11<sup>th</sup> Annual Walktober 500 and 1000 Mile Events. Over the next four and a half weeks, I hope that you and your team are able to reach the combined goal of walking either 500 or 1000 miles throughout the month of October. Every Monday, please e-mail me at [peggy.jensen@granitecmc.org](mailto:peggy.jensen@granitecmc.org), or call me at 859-6512 with the entire teams miles walked for the previous week. This way we can have updates printed in the Philipsburg Mail and posted on the Hospital Foundation's website every week. Don't forget to take your conversion chart and log sheets home today, so you can keep track of your miles. We will be kicking off Walktober this year by walking the first mile together again. Tell your team to wear something pink for Breast Cancer Awareness Month. We will be meeting in front of the P-Burg Library as well as the Drummond Library at noon on Friday September 30th. Our theme this year is "Join the Fight, One Step at a Time".

Remind your team that it is not permitted to put a pedometer on first thing in the morning and clock your miles for the entire day. All of your recorded activity should be above and beyond what you do for work. However, you are able to account for any extra activities that you perform as well as every form of exercise. In early November, the top team in each category will be treated to a healthy dinner by Chef Brent Parker, and the individual who walked the farthest will win a Fitbit Blaze Activity Tracker! These prizes are graciously provided by the Granite County Medical Foundation. So grab a friend and enjoy the fall colors as you walk your way to a healthier you!

Have Fun,

Peggy Jensen PT

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# Walktober 2016 Log Sheet

Name \_\_\_\_\_

Team \_\_\_\_\_

Date

Miles

1st

2nd

4th

5th

6th

7th

8th

9th

Week 1 Total

10th

11th

12th

13th

14th

15th

16th

Week 2 Total

17th

18th

19th

20th

21st

22nd

23rd

Week 3 Total

24th

25th

26th

27th

28th

29th

30th

31st

Week 4 Total

October Total