

“STEP”TEMBER 30 FOR 30 CHALLENGE!

Please Log the distance you have covered in walking 30 minutes each day.

SUN	MON	Tues	Weds	Thurs	Fri	Sat	Total Distance
			1 Back on Track at 12pm	2	3	4	
5	6	7	8 Back on Track at 12pm	9	10	11	
12	13	14	15 Back on Track at 12pm	16	17	18	
19	20	21	22 Back on Track at 12pm	23	24	25	
26	27	28	29 Back on Track at 12pm	30	Don't forget to submit your completed form to wellness@sjcme.edu		

I, _____ Successfully completed the September 30 for 30 challenge and walked a total of _____ in 30 days.