

2021 Turkey Trot

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

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

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

★ If you walk on Thanksgiving Day you will earn 2 entries to win a prize!