SIGN-UP SHEET

Take the first step to a healthier life by participating in the **Holiday Walking Challenge**. The challenge offers ways to help you increase physical activity by walking, and it provides a log sheet to track your points. Sign up below to participate!

The Walking Challenge begins on _____.

Sign up by _____ to participate.

Full Name	Phone	Email

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Holiday Walking Challenge

The Holiday Walking Challenge was adapted from the Faithful Families Walking Challenge.