

# Healthy Hike

Record from your pedometer the number of steps you took each day. Each team must earn 100 points per week to be eligible for the drawing for Holiday World tickets. **Each team member must earn a minimum of 14 points each week to receive the insurance premium discount.** Submit log forms to Shari Everly at the Tell City Main Office via inter-office mail or personal delivery by the due dates listed below.

*Week #1: Due May 11th*

*Week #2: Due May 18th*

*Week #3: Due May 25th*

*Week #4: Due June 1st*

WEEK #: \_\_\_\_\_ EMPLOYEE CLOCK# \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

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DAY	# OF STEPS	POINTS
EXAMPLE	6957	3

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DAY	# OF STEPS	POINTS
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
MONDAY		

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TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
MONDAY		

POINTS CHART
2000 - 3999 steps = 1 point
4000 - 5999 steps = 2 points
6000 - 7999 steps = 3 points
8000 - 9999 steps = 4 points
10000 - 11999 steps = 5 points
12000 - 13999 steps = 6 points
14000 or more steps = 7 points

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