



Heart Month WALKING CHALLENGE

Join us for the Heart Month Community Walking Challenge!

Download the tracking sheet, log your time each day you walk, submit the sheet at the end, and be entered into a random drawing for a **\$50 Gift Card!**

The challenge runs from **February 1 - February 28**, forms can be submitted through **Sunday, March 5**. The winners will be drawn on **March 6** and announced on social media.

The drawing will include **1 Employee Gift Card Winner** and **1 Community Member Gift Card Winner**.

DAY 1 30 minutes	DAY 2 30 minutes	DAY 3 30 minutes	DAY 4 REST	DAY 5 30 minutes	DAY 6 45 minutes
DAY 7 REST	DAY 8 45 minutes	DAY 9 45 minutes	DAY 10 REST	DAY 11 45 minutes	DAY 12 45 minutes
DAY 13 REST	DAY 14 45 minutes	DAY 15 60 minutes	DAY 16 60 minutes	DAY 17 60 minutes	DAY 18 REST
DAY 19 75 minutes	DAY 20 75 minutes	DAY 21 REST	DAY 22 75 minutes	DAY 23 75 minutes	DAY 24 REST
DAY 25 75 minutes	DAY 26 REST	DAY 27 90 minutes	DAY 28 90 minutes		



Use the suggested times or do whatever works best for YOU!

Completed forms can be submitted via:

Email to: PublicRelations@McKenzieHealth.org

Text to: 810-956-7957

Drop off at: McKenzie Health System - Hospital Campus,
120 Delaware Street, Sandusky

Name _____ Phone _____

Email _____

More information and tracking sheets are available at:

McKenzieHealth.org/GetMoving



Photo: McKenzie Outreach Team Members are challenging the community to walk! Left to right (front) Gloria Jerome, Nina Barnett; (back) Julia Flanagan, Kristine N. Hoskins, Emily Quandt, Rebecca Stoliker, Jay Smith, Melanie Smith.