2019 Move-A-Mile
Summer Wellness Challenge

Level 1 "Pulpit Rock Trail"

**Goal:** Move 60 miles in 2 months (an average of 1 mile per day)

**Directions:** Each circle equals 1 mile. Each time you move-a-mile write the date you moved it on in the circle. Review the online instructions on what counts as a mile at: www.luther.edu/studentlife/wellness/events/2019summerwellnesschallenge/

**Example:** If you go for a 2 mile walk one day, write that date in 2 circles! Keep track until you get all circles filled with dates!

**Name:** ________________________________

To be eligible for the voucher and prize drawings, please return your completed recording sheet as a hard copy to Vicky Jaeger in Union 104 or scan and email as an attachment to wellness@luther.edu by 5 p.m. on August 20th.