2019 Move-A-Mile
Summer Wellness Challenge

Level 2 "Palisades Park"

Goal: Move 150 miles in 2 months (an average of 2.5 miles 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: ________________________________

Great Start! 60 miles down, 90 to go! Keep moving and start recording the rest of your miles on the next page!
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.