2019 Move-A-Mile
Summer Wellness Challenge

Level 3 "Trout Run Park"

Goal: Move 300 miles in 2 months (an average of 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, 240 to go! Keep moving and start recording miles on the next page!
Wow! Your halfway there! 150 miles down, 150 miles to go! Keep moving and start recording miles on the next page!
Phew! It's the home stretch. Just 60 miles to go! Keep moving and start recording 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.