

# 2018 Walking Challenge

## 6 - Week Walking Competition

**Begins: *Monday, March 19<sup>th</sup>*!**

**Ends: Sunday, April 29th**

### PERSONAL STEP LOG

**FMP&C Staff** – no access to AMOS?  
→ Report weekly steps to Barb Yurasits.

#### Step Reporting Directions:

1. Report “**total weekly steps**” on corresponding Monday
2. Enter steps in the steps counter at <https://amos.moravian.edu/LogMySteps>

Select the appropriate week, enter your steps, and keep stepping!



	WEEK 1 3/19 – 3/25	WEEK 2 3/26 – 4/1	WEEK 3 4/2 – 4/8	WEEK 4 4/9 – 4/15	WEEK 5 4/16 – 4/22	WEEK 6 4/23 – 4/29
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						
<b>TOTAL WEEKLY STEPS</b>	<b>DUE 3/26</b>	<b>DUE 4/2</b>	<b>DUE 4/9</b>	<b>DUE 4/16</b>	<b>DUE 4/23</b>	<b>DUE 4/30</b>