

2022 Walking Challenge

6 - Week Walking Competition

Begins: *Monday, March 21st*

Ends: *Sunday, May 1st*

PERSONAL STEP LOG		WEEK 1 3/21-3/27	WEEK 2 3/28-4/3	WEEK 3 4/4-4/10	WEEK 4 4/11-4/17	WEEK 5 4/18-4/24	WEEK 6 4/25-5/1
<p>FMP&C Staff – no access to AMOS? → Report weekly steps to your supervisor.</p> <p>Step Reporting Directions:</p> <ol style="list-style-type: none"> 1. Report “total weekly steps” on corresponding Monday 2. Enter steps in the steps counter at https://amos.moravian.edu/LogMySteps <p>Select the appropriate week, enter your steps, and keep stepping!</p>	MONDAY						
	TUESDAY						
	WEDNESDAY						
	THURSDAY						
	FRIDAY						
	SATURDAY						
	SUNDAY						
	TOTAL WEEKLY STEPS	DUE 3/29	DUE 4/5	DUE 4/12	DUE 4/19	DUE 4/26	DUE 5/3