

2024 Walking Challenge

6 - Week Walking Competition

Begins: Monday, March 18th

Ends: Sunday, April 28th

PERSONAL STEP LOG FMP&C Staff – no access to AMOS? → Report weekly steps to your supervisor. 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 3/18-3/24	WEEK 2 3/25-3/31	WEEK 3 4/1-4/7	WEEK 4 4/8-4/14	WEEK 5 4/15-4/21	WEEK 6 4/22-4/28	
	MONDAY							
	TUESDAY							
	WEDNESDAY							
	THURSDAY							
	FRIDAY							
	SATURDAY							
	SUNDAY							
	TOTAL WEEKLY STEPS		DUE 3/26	DUE 4/2	DUE 4/9	DUE 4/16	DUE 4/23	DUE 4/30