

## Harker School Wellness Program / Walking Log

Name \_\_\_\_\_

Track and record your daily steps using a pedometer or other device (**Note: if you are using a device that uploads your steps to Navigate Wellbeing, do not log your steps on this form**). Aim for a minimum of 7000 steps each day, and record steps EACH day. Submit 1 completed log to HR for each month you are reporting. Earn 10 points per month (100 points max in this category)

October 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Steps: _____	2 Steps: _____	3 Steps: _____	4 Steps: _____	5 Steps: _____
6 Steps: _____	7 Steps: _____	8 Steps: _____	9 Steps: _____	10 Steps: _____	11 Steps: _____	12 Steps: _____
13 Steps: _____	14 Steps: _____	15 Steps: _____	16 Steps: _____	17 Steps: _____	18 Steps: _____	19 Steps: _____
20 Steps: _____	21 Steps: _____	22 Steps: _____	23 Steps: _____	24 Steps: _____	25 Steps: _____	26 Steps: _____
27 Steps: _____	28 Steps: _____	29 Steps: _____	30 Steps: _____	31 Steps: _____		

Signature \_\_\_\_\_ Date \_\_\_\_\_

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness reward. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness reward.

**To receive credit, this form must be submitted to HR no later than November 30, 2024.**