

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 Virgin Pulse, 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)

December 2023						
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 January 31, 2024.

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 Virgin Pulse, 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)

January 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 _____

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To receive credit, this form must be submitted to HR no later than February 29, 2024.

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 Virgin Pulse, do not log your steps on this form**). Aim for a minimum of 7000 steps each, 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)

February 2018						
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: _____			

Signature _____ Date _____

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To receive credit, this form must be submitted to HR no later than March 31, 2018.

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 Virgin Pulse, 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)

March 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Steps: _____	2 Steps: _____	3 Steps: _____
4 Steps: _____	5 Steps: _____	6 Steps: _____	7 Steps: _____	8 Steps: _____	11 Steps: _____	12 Steps: _____
11 Steps: _____	12 Steps: _____	13 Steps: _____	14 Steps: _____	15 Steps: _____	18 Steps: _____	19 Steps: _____
18 Steps: _____	19 Steps: _____	20 Steps: _____	21 Steps: _____	22 Steps: _____	25 Steps: _____	26 Steps: _____
25 Steps: _____	26 Steps: _____	27 Steps: _____	28 Steps: _____	29 Steps: _____	30 Steps: _____	31 Steps: _____

Signature _____ Date _____

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To receive credit, this form must be submitted to HR no later than April 30, 2018.

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 Virgin Pulse, 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)

April 2018						
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: _____					

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To receive credit, this form must be submitted to HR no later than May 31, 2018.

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 Virgin Pulse, 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)

May 2018						
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: _____		

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To receive credit, this form must be submitted to HR no later than June 30, 2018.

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 Virgin Pulse, 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)

June 2018						
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: _____

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To receive credit, this form must be submitted to HR no later than July 31, 2018.

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 Virgin Pulse, 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)

July 2018						
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: _____				

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To receive credit, this form must be submitted to HR no later than August 31, 2018.

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 Virgin Pulse, 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)

August 2018						
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: _____	

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To receive credit, this form must be submitted to HR no later than September 30, 2018.

Harker School Wellness Program / Walking Log Name _____

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September 2018						
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: _____						

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To receive credit, this form must be submitted to HR no later than October 31, 2018.

Harker School Wellness Program / Walking Log Name _____

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October 2018						
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: _____			

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To receive credit, this form must be submitted to HR no later than November 30, 2018.

Harker School Wellness Program / Walking Log Name _____

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November 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Steps: _____	2 Steps: _____	3 Steps: _____
4 Steps: _____	5 Steps: _____	6 Steps: _____	7 Steps: _____	8 Steps: _____	11 Steps: _____	12 Steps: _____
11 Steps: _____	12 Steps: _____	13 Steps: _____	14 Steps: _____	15 Steps: _____	18 Steps: _____	19 Steps: _____
18 Steps: _____	19 Steps: _____	20 Steps: _____	21 Steps: _____	22 Steps: _____	25 Steps: _____	26 Steps: _____
25 Steps: _____	26 Steps: _____	27 Steps: _____	28 Steps: _____	29 Steps: _____	30 Steps: _____	

Signature _____ Date _____

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To receive credit, this form must be submitted to HR no later than December 5, 2018.