

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)

| May 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 June 30, 2024.