

Step Into Summer 2020 Walking Tracker

Name: _____ Phone: _____

Email: _____ Token Pick Up Location: _____

SHIRT SIZE **Youth** Sm Med Large **Adult** Sm Med Large XL XXL XXXL

	Each block checked = 15 minutes of walking above usual daily activity											OFFICE USE ONLY		
												Initials	Date	
1														
2														
3														
4														
5														
6														
7														
8														
9														
*10														
11														
12														
13														
14														
15														

* After completing all blocks through line 10, you have met the 30 hour walking goal!

RECORDING - CHECK OR FILL IN 1 BLOCK FOR EVERY 15 MINUTES that you walk above your usual daily activity. You will earn one "Toe Token" for every 3 hours you walk. Check in WITH YOUR TRACKER (can be on your phone/tablet) at any Summer Walking Program partner location after July 1 to pick up your tokens.

TURNING IN - At the end of the program (NO LATER THAN AUGUST 21) email this tracker to kendle.4@osu.edu

PLEASE NOTE: If you have health related concerns be sure to check with your physician first for their recommendations before starting a walking program.

Please refer back to original flyer and/web page for additional information.

<https://go.osu.edu/tuscsummerwalkingprogram>