

Take it up A NOTCH!



STEP TRACKER CALENDAR

July is your ultimate high-energy month and we are kicking it up! Set yourself up for a month of quick stepping by making a daily step commitment. Walking burns calories and can help combat the risks that come with a sedentary lifestyle.

We are raffling off 2 Myzone belts! Use the calendar below to record your steps each day and then return it to the club between August 1st - 6th to be entered.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Name: _____ Club Location: _____ Email: _____			