Sign-Up Sheet

Take the first step to a healthier life by participating in the **Walking Challenge**. The challenge offers ways to help you increase physical activity by walking, and it provides a log sheet to track your points. Sign up below to participate!

The Walking Challenge begins on _____.

Sign up by _____ to participate.

Full Name	Phone	Email

Move More Walk Now
movemorewalknowNC.com

Walking Challenge

Eat Smart Move More North Carolina