

HEALTHY VALLEY 2040 PRESENTS

A “Mile” A Day Challenge

A month-long program: October 23 –November 19

Feel better, sleep better, look better... And a chance to win prizes!

Tracking Your “Miles”

Track your miles each day/each week. At the end of each week, tally up your “Wellness Miles” and email them by the following Monday at 5PM.

Email your weekly total to Bill Monahan at WMonahan@gracecottage.org.

Remember your goal is at least one ‘mile’ a day/6 days a week.

DATES	DAY 1 MON	DAY 2 TUES	DAY 3 WED	DAY 4 THURS	DAY 5 FRI	DAY 6 SAT	DAY 7 SUN	TOTAL MILES
OCT 23-29								
OCT 30- NOV 5								
NOV 6-12								
NOV 13-19								
NOV 20TH: Submit all Miles.								
NOV 22ND: Prize drawing!								

