WALK 10k

MEDICALFITNESS Association

May 9-15, 2022

Participant Name: _____ Email: _____

- ☐ UNC Wellness member-Meadowmont
- ☐ UNC Wellness member-Northwest Cary
- ☐ UNC Health Employee (indicate location):_____
- ☐ Meadowmont community participant
- ☐ Northwest Cary community participant

Monday, May 9 - Total Steps	
Tuesday, May 10 - Total Steps	
Wednesday, May 11 - Total Steps	
Thursday, May 12 - Total Steps	
Friday, May 13 - Total Steps	
Saturday, May 14 - Total Steps	
Sunday, May 15 - Total Steps	
Total Steps for the WALK10k Week	

Completed cards must be turned in by Friday May 20, 2022. Please turn in cards to your UNC Wellness Centers location or email to Neva Avery at neva.avery@unchealth.unc.edu

Thank you for your participation!