



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

Completed cards must be turned in by Thursday, May 18. Please turn in cards to your UNC Wellness Centers location or email to Neva Avery at neva.avery@unhealth.unc.edu

Thank you for your participation!