WALK-TOBER

Name:
Phone Number:

October Walking Challenge

Receive $20 in Valeo Bucks by participating* and be entered to win a $100 gift card to Scheels by completing 100 miles (that's 200,000 steps) or accumulating 2,000 minutes of exercise in October^.

Tips to Get Extra Steps:

- Park at the back of the lot
- Take the stairs
- Schedule walking meetings
- Take a 'walk date' with a friend
- Clean the house or garage
- Help your neighbor rake their yard

*Participating is defined as completing 50% of the above goals - which breaks down to just over 1.6 miles per day.
^Numbers are based on walking an average of 5 miles per day, 5 days a week for the month of October. We encourage you to use a fitness tracker or pedometer to easily track your steps each day. Drop off or email your completed calendar to info@valeowc.com by October 31st to claim your Valeo Bucks and be entered.

SUN	MON	TUE	WED	THU	FRI	SAT
			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	