

WALK 10k



May 8-14, 2023

Name: _____ Phone: _____ Email: _____

Choose location: South Bend _____ Granger _____ Elkhart _____ Three Rivers _____

The goal of the WALK10k Challenge is to increase the number of steps taken daily to 10k a day throughout Medical Fitness Week. Please wear your pedometer or use your wearable device from the moment you wake up, to the moment you go to bed. At the end of the day, enter your total steps below. Reset your pedometer/wearable device in preparation for the next day.

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	

Turn in completed card at the Information Desk at any of our locations or email to Programs@BeaconHealthSystem.org by May 18, 2023.

Thank you for your participation!

