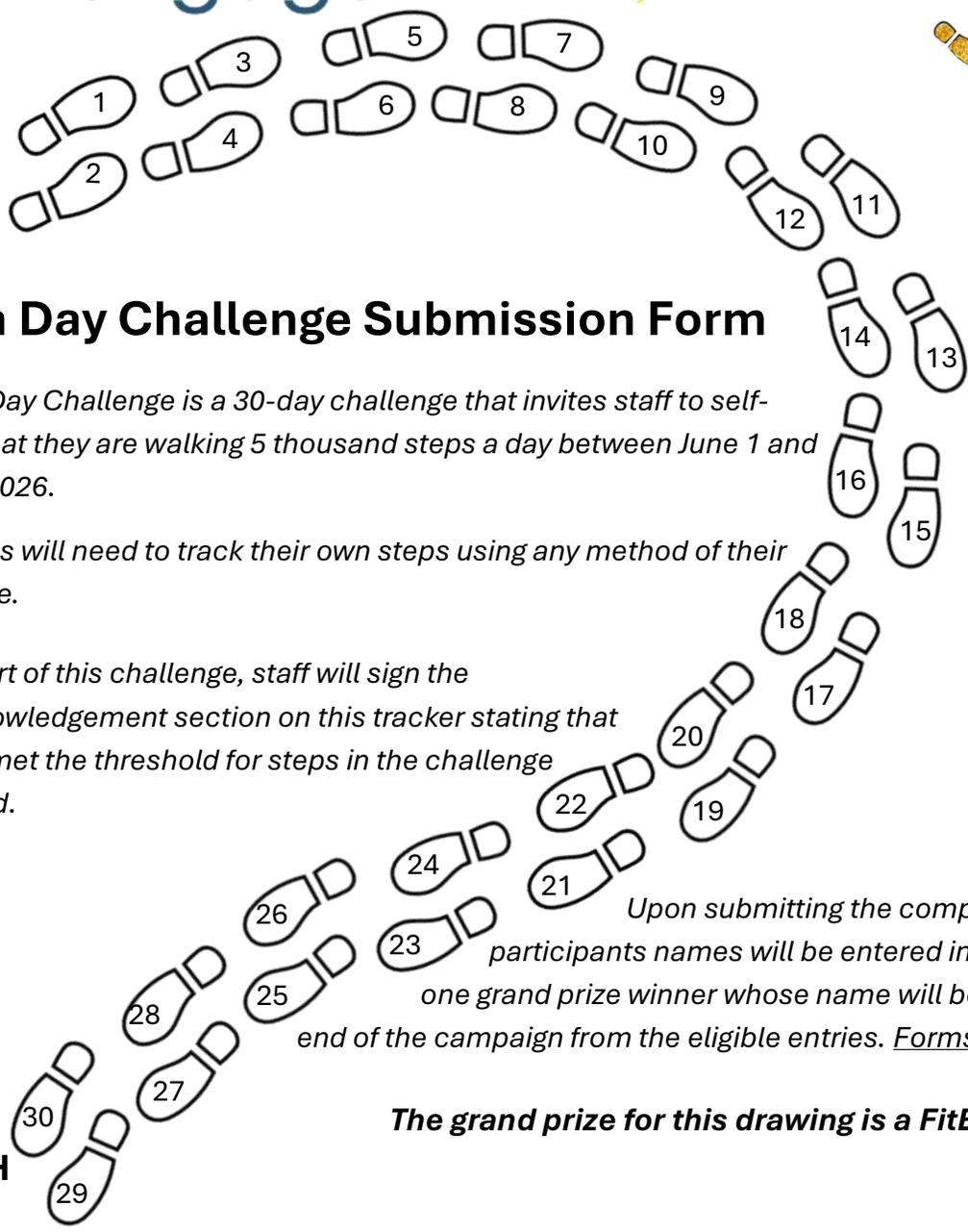




START



For each day you reach your goal of 5,000 steps, Color in a shoe. (Ex. June 1 completed 5k steps-Color in number 1 shoe.) You are allowed 10 free days to use during this challenge. If you meet your goal of at least 20 days, you will then submit this form as stated below.

5K a Day Challenge Submission Form

The 5K a Day Challenge is a 30-day challenge that invites staff to self-declare that they are walking 5 thousand steps a day between June 1 and June 30, 2026.

Employees will need to track their own steps using any method of their preference.

As part of this challenge, staff will sign the acknowledgement section on this tracker stating that they met the threshold for steps in the challenge period.



Upon submitting the completed entry form, participants names will be entered into a drawing for one grand prize winner whose name will be selected at the end of the campaign from the eligible entries. Forms due by July 7, 2026.

The grand prize for this drawing is a FitBit.

FINISH

Name _____ Employee ID# _____

Job Title/Classification: _____

Department: _____

I acknowledge that I fully participated in the following Challenge in its entirety.

Employee Signature _____ Date _____