SMART STEPS SIGN-IN SHEET

North Carolina HEALTH Smart

The worksite wellness committee of _____ is implementing the ***Smart Steps Initiative*** to promote the health of its employees. This initiative challenges you to take at least one flight of stairs (*define one flight*) on each workday for _____ weeks and keep a record of your activity. Please sign-in to participate and report to the coordinator at the end of the activity period.

Coordinator _____

Activity Period _____

Name	Phone	E-mail

Please see the Activity Coordinator to pick up your set of Smart Steps materials