MOVE MORE SIGN-IN SHEET

North Carolina HEALTH Smart

The worksite wellness committee of _____ has identified a _____ mile long walking route around _____, in an effort to help employees move more during their workday. Remember that this is not a competition; the only thing you are competing against is your own physical inactivity.

Please sign-in to participate and report to the coordinator at the end of the activity period.

Coordinator(s)_____

Activity Period_____

Name	Phone	E-mail