**Climb-a-Mile Challenge**

Tracking Form

First and Last Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Department: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To participate in the Climb-a-Mile Challenge:

* Climb stairs anywhere you find them, anytime between October 20 and November 5.
* Log your stairs climbed using this tracking form.
* Submit your completed form to ssc-health-wellness@cu.edu by **5:00 pm, November 5.**

If you reach the goal of 2000 stairs, you can keep going. A prize for most stairs climbed will be awarded on November 7 after the Stair Climb Challenge event.

**All** who reach the goal of 2000 stairs will be recognized at the November 7 award ceremony.

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| **Date** | **MondayOct. 20** | **TuesdayOct. 21** | **WednesdayOct. 22** | **ThursdayOct. 23** | **FridayOct. 24** | **SaturdayOct. 25** | **SundayOct. 26** |
| **# of Stairs** |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **MondayOct. 27** | **TuesdayOct. 28** | **WednesdayOct. 29** | **ThursdayOct. 30** | **FridayOct. 31** | **SaturdayNov. 1** | **SundayNov. 2** |
| **# of Stairs** |  |  |  |  |  |  |  |

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| **Date** | **MondayNov. 3** | **TuesdayNov. 4** | **WednesdayNov.5** |
| **# of Stairs** |  |  |  |