**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](mailto: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** | **Monday Oct. 20** | **Tuesday Oct. 21** | **Wednesday Oct. 22** | **Thursday Oct. 23** | **Friday Oct. 24** | **Saturday Oct. 25** | **Sunday Oct. 26** |
| **# of Stairs** |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
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| **Date** | **Monday Oct. 27** | **Tuesday Oct. 28** | **Wednesday Oct. 29** | **Thursday Oct. 30** | **Friday Oct. 31** | **Saturday Nov. 1** | **Sunday Nov. 2** |
| **# of Stairs** |  |  |  |  |  |  |  |

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| **Date** | **Monday Nov. 3** | **Tuesday Nov. 4** | **Wednesday Nov.5** |
| **# of Stairs** |  |  |  |