

90 Miles in 60 Days Employee Health Log Sheet

May 2010	Activity Type	Miles	June 2010	Activity Type	Miles	July 2010	Activity Type	Miles
20 Thurs			1 Tues			1 Thur		
21 Fri			2 Wed			2 Fri		
22 Sat			3 Thurs			3 Sat		
23 Sun			4 Fri			4 Sun		
24 Mon			5 Sat			5 Mon		
25 Tue			6 Sun			6 Tue		
26 Wed			7 Mon			7 Wed		
27 Thurs			8 Tue			8 Thurs		
28 Fri			9 Wed			9 Fri		
29 Sat			10 Thurs			10 Sat		
30 Sun			11 Fri			11 Sun		
31 Mon			12 Sat			12 Mon		
			13 Sun			13 Tue		
			14 Mon			14 Wed		
			15 Tue			15 Thurs		
			16 Wed			16 Fri		
			17 Thurs			17 Sat		
			18 Fri			18 Sun		
			19 Sat			19 Mon		
			20 Sun			20 Tue		
			21 Mon					
			22 Tue					
			23 Wed					
			24 Thurs					
			25 Fri					
			26 Sat					
			27 Sun					
			28 Mon					
			29 Tue					
			30 Wed					

Every participant who completes 45 miles by **Thursday, June 10th** will be entered into a drawing. A copy of your log sheet with the 45 miles must be completed and received in Human Resources by June 11th.

Tuesday, July 20th Competition Ends: Please turn in your calendar if you have completed 90 miles in 60 days by Tuesday, July 21st to be eligible for the Grand Prize Drawing.