



KITSUMKALUM

walking challenge

Let's get our steps in!

Enter the category you feel best suits your needs and fitness level.

Count your steps/Track your route on a fitbit/smartwatch/smartphone/pedometer.

Record your steps daily with the calendar provided.

Categories:

Beginner (0.5km/day, approx. 650 steps, approx. 5 minutes)

Intermediate (2km/day, approx. 2665 steps, approx. 20 minutes)

Advanced (6 km/day, approx. 8000 steps, approx. 1 hour)

Submit your completed calendar to the Health Centre at the end of the challenge for a chance to win prizes!

Note: You can download an app on your phone to track your route/count your steps. Pedometers are on backorder right now; if they arrive during the challenge we will contact you. Apologies if they do not arrive in time; do your best to track your steps with the timing method.

Also, please stay aware of your surroundings while walking. There have been bears spotted in the community since March. If it doesn't feel safe to walk, choose another route like the Millenium trail or stick close to home.

T'oyaxsut'nüün,

Reilly Kluss, RN, BScN

HCCN, Kitsumkalum Health Centre

P.O. BOX 54, Terrace B.C., V8G 4B5

Ph: 250-635-6172 ext 109 | E: hccn@kitsumkalum.com

Name: _____

Category: _____

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6
7	8	9	10	11	12	13

Kitsumkalum Walking Challenge: Record your steps each day May 3rd to June 13th, then submit.