

Run For It!

2K Wellness Award Step Challenge

August 2024

S	M	T	W	T	F	S

Name:

Team Name:

Total Steps:



Step Challenge Rules

- The challenge will take place from **8/1/24** to **8/31/24**. This is an individual challenge with the chance to win a monetary award for your team.
- We recommend setting a daily step goal to challenge yourself.
- You can track your steps using a fitness device like a pedometer, Apple Watch, or FitBit. Alternatively, you can use a step-counting app on your smartphone.
- The challenge is based on the honor system, as we don't have a way to confirm or validate your results. There is a monetary reward up for grabs, so we trust you will only record the steps you take.
- All log sheets must be returned to Angie Pase, the Run For It Event Coordinator, by the close of business on **9/6/24**. Log sheets can be emailed to runforit@tuckerfoundation.net or mailed to TCF-RFI, P.O. Box 491, Parsons, WV 26287. If mailed, log sheets must be postmarked by **9/6/24**.
- For more information, please contact the TCF office at (304) 478-2930 or email runforit@tuckerfoundation.net.



Tucker Community Foundation



St. George
MEDICAL CLINIC, INC.