



# Book It To The Beach

*~ Summer Walking Challenge ~*

From July 8<sup>th</sup> to August 2<sup>nd</sup>, take a virtual vacay to some of the area's best known beaches! Every hour you walk will get you one step closer to paradise (AKA a gift card). So lace up those walking shoes and join us on the journey to better health!

## **Step 1:**

**Print the attached calendar to track your progress. Make sure to include your name and email address in the designated space.**

## **Step 2:**

**Get moving!  
Each day, track the time you spent walking. Use the key on the calendar to determine your prize goal.**

## **Step 3:**

**At the end of the challenge, turn in your completed calendar to receive your prize.**

# July

# 2019

Name:

Email:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Time Walked: 8 _____	Time Walked: 9 _____	Time Walked: 10 _____	Time Walked: 11 _____	Time Walked: 12 _____	Time Walked: 13 _____
Time Walked: 14 _____	Time Walked: 15 _____	Time Walked: 16 _____	Time Walked: 17 _____	Time Walked: 18 _____	Time Walked: 19 _____	Time Walked: 20 _____
Time Walked: 21 _____	Time Walked: 22 _____	Time Walked: 23 _____	Time Walked: 24 _____	Time Walked: 25 _____	Time Walked: 26 _____	Time Walked: 27 _____
Time Walked: 28 _____	Time Walked: 29 _____	Time Walked: 30 _____	Time Walked: 31 _____	Time Walked: Aug 1 _____	Time Walked: Aug 2 _____	

**Total Time Walked**

**Prize Levels:**  
**Crystal River – 12 Hours Total = \$10 Publix Gift Card**  
**Cedar Key – 21 Hours Total = \$15 Publix Gift Card**  
**St. Augustine – 26 Hours Total = \$20 Publix Gift Card**

Calendars should be submitted to [sara.workman@marion.k12.fl.us](mailto:sara.workman@marion.k12.fl.us) or dropped off at the Extended Day office with Sara no later than August 9<sup>th</sup>. Participants who successfully complete the Beach Walking Challenge will be emailed when prizes are available for pickup.