Hampshire County Parks & Recreation
Project WALK TO BE FIT - Summer 2014

Name: _____ **Month:** _____

Date	Steps Taken	Conversion	Miles Walked
		/ 2,000	
		/ 2,000	
		/ 2,000	
		/ 2,000	
		/ 2,000	
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		/ 2,000	
		/ 2,000	
		/ 2,000	
		/ 2,000	

FNB BANK

Hampshire Wellness & Fitness
Your hometown health and wellness center
ValleyHealth

Hampshire County Parks & Recreation
Project WALK TO BE FIT - Summer 2014

Date	Steps Taken	Conversion	Miles Walked
		/ 2,000	
		/ 2,000	
		/ 2,000	
		/ 2,000	
		/ 2,000	
		/ 2,000	
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		/ 2,000	
		/ 2,000	
		/ 2,000	
		/ 2,000	
		/ 2,000	

To be eligible for mileage goals, return your completed form to HC Parks & Rec, the Wellness Center, or any FNB Bank location monthly.