

Individual Record

Name

Date Started

Date Finished

Department

Millard County Wellness

Stay Fit

50 mile Club

Individual Record

Name

Date Started

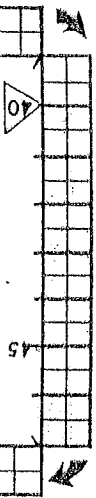
Date Finished

Department

Millard County Wellness

Stay Fit

50 mile Club



35



Four segments equal one mile.
Now that you've started, keep it up!
When you have finished filling in all
squares on the card, turn it into one
of the Wellness Council members.

45

50

FINISH



25

30

20

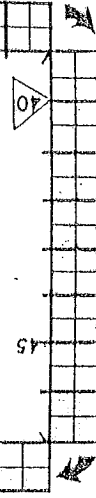
15



5

10

START



45

50

FINISH



35

START



25

30

20

15



5

10

FILL IN THIS CARD YOURSELF AS YOU PROGRESS.
EACH BLOCK EQUALS 440 YARDS - ONE SEGMENT.
Four segments equal one mile.
Now that you've started, keep it up!
When you have finished filling in all
squares on the card, turn it into one
of the Wellness Council members.