One Day Challenge

Do one of the following:

♦ Walk at least 10,000 steps
♦ Do 30 minutes of moderate ~ intensity physical activity (like walking)
♦ Do 20 minutes of vigorous ~ intensity physical activity (like jogging)

National Employee Health and Fitness Day at Vanderbilt
May 16th, 2012

After completion, fax this form to 343-3029 by May 18th and receive a prize. Call 343-8943 for questions.

Name: _________________________________
Campus Address: __________________________
Campus Phone: __________________________

Date of Birth: __________________________
Campus 4 Digit Zip: __________

Type of activity completed: ________________________________