

WALKING LOG

Use this log to track your progress over the next six weeks, and earn your Presidential Active Lifestyle Award. To receive your award complete and sign your walking log. Then visit presidentschallenge.org or mail this sheet to:

The President's Challenge • 501 N. Morton Street, Suite 203 • Bloomington, IN 47404

Date	Performance Entry (Time, Distance, Etc.)	Date	Performance Entry (Time, Distance, Etc.)
WEEK 1		WEEK 4	
Signature		Signature	
WEEK 2		WEEK 5	
Signature		Signature	
WEEK 3		WEEK 6	
Signature		Signature	

WalkingWorks® Pledge

I pledge to take steps towards a healthier me and a healthier America. I will make choices that include walking as an easy part of my daily routine. With the help of this program, I will set and meet personalized goals and record my progress. In doing so, I can decrease my risk for health problems down the road and do my part to keep health care affordable for everyone.

Signature _____



capbluecross.com | capitalbluestore.com/blog

The information provided is meant for a general audience. It is not a substitute for services or advice received from your health care providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your health care provider. Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any health care service, please refer to your Certificate of Coverage or Evidence of Coverage or call Customer Service at the toll-free number on your member identification card.

Health care benefit programs issued or administered by Capital BlueCross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company® and Keystone Health Plan® Central. Independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.

WALKING LOG

If you haven't already submitted your first six weeks, visit presidentschallenge.org or mail this sheet to:

The President's Challenge • 501 N. Morton Street, Suite 203 • Bloomington, IN 47404

Date	Performance Entry (Time, Distance, Etc.)	Date	Performance Entry (Time, Distance, Etc.)
WEEK 7		WEEK 10	
Signature		Signature	
WEEK 8		WEEK 11	
Signature		Signature	
WEEK 9		WEEK 12	
Signature		Signature	

It only takes 30 minutes of moderate-intensity physical activity, five days per week to improve and maintain your health.

Source: World Health Organization



The information provided is meant for a general audience. It is not a substitute for services or advice received from your health care providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your health care provider. Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any health care service, please refer to your Certificate of Coverage or Evidence of Coverage or call Customer Service at the toll-free number on your member identification card.

Health care benefit programs issued or administered by Capital BlueCross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company® and Keystone Health Plan® Central. Independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.