



The fall Walk This Way/Couch to 5K will be an 8 week physical activity program. Participants will need to reach at least 1500 minutes of physical activity (walking, running, biking, swimming, yoga, etc.)

over the 8 week period to be eligible for prizes (an average of just 30 minutes a day!)

- ◆ Logs should be turned in weekly by e-mail, mail, fax, or delivery to Rural Health Projects, Inc. offices.
- ◆ Optional group walks/runs will be Tuesdays and Thursdays at 5:30 p.m. at the Cleveland Trail Head.

Questions? Call 580-213-3166 or e-mail  
enidwalkthisway@gmail.com  
Fax: 580-213-3167  
2929 E. Randolph Rm. 130  
Enid, OK 73701

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**Information & Log Sheet Information & Log Sheet Information & Log Sheet**

<b>Name:</b>
<b>Week (Circle One) 1 2 3 4 5 6 7 8</b>
<b>Minutes</b>
Saturday—
Sunday—
Monday—
Tuesday—
Wednesday—
Thursday—
Friday—

<b>Name:</b>
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