JANUARY

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

Healthy ZONE
a program of
United Way of Metropolitan Dallas
The Cooper Institute

FEBRUARY

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

Healthy ZONE
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United Way of Metropolitan Dallas
The Cooper Institute

MARCH

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

Healthy ZONE
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United Way of Metropolitan Dallas
The Cooper Institute

APRIL

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

Healthy ZONE
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United Way of Metropolitan Dallas
The Cooper Institute

MAY

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

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JUNE

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

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Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

JULY

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

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AUGUST

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

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SEPTEMBER

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

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OCTOBER

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

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NOVEMBER

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

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The Cooper Institute

DECEMBER

Use the calendar to log the number of minutes of activity or steps you get daily. Challenge your staff to get 10,000 steps each day!

SUN	MON	TUE	WED	THU	FRI	SAT

Name:_____

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The Cooper Institute