



DHSS Walking Wednesdays Tracking Log

Name: _____

Work Location: _____

Division: _____

Log the dates you walked for the quarter in the tracker below. Please submit your log to the Bureau of Community Health & Wellness by the 10th day of October, January, April, and July to be entered into the quarterly drawing.

Logs can be faxed to 573-522-2856 or scanned and emailed to

worksitewellness@health.mo.gov.



Dates Walked:

How does Walking Wednesdays work?

Employees are allowed to wear blue jeans and tennis shoes on the **1st and 3rd Wednesday** of every month if they walk for 30 minutes during their workday.

Employees must use their lunch and break times for walking. Work with your supervisor to flex your schedule to fit in a walk if needed.

Employees can break-up the 30 minutes into three 10 minute walks or two 15 minute walks.

Employees may not combine their breaks, however they may use one of their 15 minute breaks and flex 15 minutes from their lunch to complete their walk.

Because Missouri has many weather extremes, consider using the indoor fitness loops that exist in many of the DHSS buildings. If your building doesn't have a designated loop yet, there are instructions on how to make one here <http://dhssnet/worksitewellness/loops.php>.

