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 Health Promotion 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 can use each of their 15 minute morning and afternoon breaks or time from their lunch to make their total of 30 minutes. No additional time will be given for walking. Employees are not allowed to combine their 15 minute breaks to walk.
- If you have a wellness t-shirt you are encouraged to wear it with your jeans.
- Please turn in your tracking log by the 10th day of October, January, April, or July to be entered into a quarterly drawing for a healthy prize.

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/