**Spring I can… (virtually) do a 5k Challenge**

Submitted by Angela Miller, Wellness Champion South Daytona ES

Starting in April, document your weekly progress towards a 5K goal on the attached daily tracker.

[30 Day Walking Challenge PDF.pdf](file:///C:\Users\anmiller\Downloads\30%20Day%20Walking%20Challenge%20PDF.pdf)

Initial on the days you completed the challenge.

Turn in to Angela Miller by April 30th (with your name) for an awesome end of the year wellness prize!

Name of Participant:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of personal 5k walk/run:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

