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| **Gurnee Park District** | PRESENTED BY GURNEE PARK DISTRICT |
|  |
| 4374 Old Grand Avenue | facebook.com/GOGurnee |
| Gurnee, Illinois 60031 | GoGurnee.com |
| GurneeParkDistrict.com | #GoGURNEE |

**WALKING LOG**

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PRESENTED BY GURNEE PARK DISTRICT

|  |  |  |  |
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|  | **GET OUT AND MOVE**  |  | **TRACK YOUR WALKING** |
|  |  |
|  | **STEP ONE Set a goal:** Step up to the challenge and walk 30 minutes a day for the month of May. Visit Facebook.com/GOGurnee for details, motivation and tips. |  |
|  | **M** | 1**Kick-off** |  | 2 |  | 3 |  | 4 |  | 5 |  | 6 |  | 7 |
|  | **STEP TWO Get stepping at the kick-off event!** Meet at Viking Park (4374 Old Grand |  |  |  |  |  |  |
|  | Avenue, Gurnee) Sunday, May 1st at 6:00 pm for an inspiring rally and 30 minute walk. | **A** | **Event** |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **Y** | 6pm |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **STEP THREE Walk** each evening at 6:30 pm through May 31st, in your neighborhood or at | Viking Park |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | any park of your choice. |  |  |  |  |  |  |  |  |
|  |  | 8 |  | 9 |  | 10 |  | 11 |  | 12 |  | 13 |  | 14 |
| **4** | **STEP FOUR Keep stepping at the walking rally!** Join your family, friends and neighbors |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| in celebrating your success Wednesday, June 1st at Viking Park at 6:00 pm with a |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 30 minute community walk. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**5**

**STEP FIVE** Continue walking 30 minutes each day and visit the **GO** GURNEE Facebookpage for surprises, education activities and new opportunities.

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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 22 |  | 23 |  | 24 |  | 25 |  |  | 26 |  | 27 |  | 28 |
| **“The simple act of walking has the power to transform your health.”** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vivek H. Murthy - U.S. Surgeon General |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **J** |  |  |  |  |  |  |  |  |
|  | 29 | 30 | 31 |  | 1 |  |  | Use this handy log to track |
|  |  |  |  |  |  |  | **U** |  | **Walking** |  |
|  |  |  |  |  |  |  | **N** |  | 6pm**Rally** |  | the days you walked this |
|  |  |  |  |  |  |  | **E** |  | Viking Park |  | month. |  |  |  |
|  | **Facebook.com/GOGURNEE** |  | **GOGURNEE.com** |  |  |