



LCSC March Madness

March 3, 2019 to March 30, 2019



Spring is just around the corner and being in great shape makes this time of the year more energizing than ever!
Meet the important daily requirement of physical activity most days of the week because it is...
LCSC March Madness!

Rules:

Level 1 - If you are just starting a physical activity program

Put an "x" in the box for each day that you complete **7,000 steps** or **20 minutes** of physical activity.

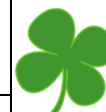
Level 2 - If you already exercise 2-3 times per week

Put an "x" in the box for each day that you complete **10,000 steps** or **30 minutes** of physical activity.

- At the end of each week, total the number of days that you met the minimum requirement of your selected level. To be eligible for the drawing, you must meet the **minimum requirement 5 days per week for all 4 weeks.**
- Turn the completed sheet in to your Wellness Coordinator by Monday, April 1, 2019 to be entered into a **drawing for 50 \$20.00 Fleet Farm gift cards.**
- Wellness Coordinators will be responsible to submit activity logs to LCSC by Monday, April 8, 2019. The drawing will be held on Monday, April 15, 2019 and results will be posted at www.lcsc.org on Tuesday, April 16, 2019. Gift cards will be mailed to the Wellness Coordinators for distribution.
- Employee must be enrolled in a Lakes Country Service Cooperative BCBSMN health insurance plan.

District/CCOGA Entity _____
 Name (Printed) _____ Position _____
 I certify that I am enrolled in a Lakes Country Service Cooperative BCBSMN health insurance plan.

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total # of days
1	Mar 03	Mar 04	Mar 05	Mar 06	Mar 07	Mar 08	Mar 09	
2	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	
3	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	
4	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	



March Madness is a Wellness Program sponsored by Lakes Country Service Cooperative