



LCSC March Madness

February 27, 2017 to March 26, 2017



**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.

Challenge Begins February 27, 2017
Reminder: Use your new Fitbit activity tracker as a tool to track your daily steps!

- 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.**
- At the end of the 4 weeks, turn this sheet in to your Wellness Coordinator by Monday, April 3, 2017 to be entered into a **drawing for 80 \$20.00 Fleet Farm gift cards.**
- Wellness Coordinators will be responsible to submit activity logs to LCSC by Monday, April 10, 2017. The drawing will be held on Monday, April 17, 2017 and results will be posted at www.lcsc.org on Tuesday, April 18, 2017. Gift cards will be mailed the week of April 17, 2017 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 _____

Week #	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat	Sun.	Total # of days
1	Feb 27	Feb 28	Mar 01	Mar 02	Mar 03	Mar 04	Mar 05	
2	Mar 06	Mar 07	Mar 08	Mar 09	Mar 10	Mar 11	Mar 12	
3	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	
4	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	

