SIGN-UP SHEET

Take the first step to a healthier life by participating in the **Faithful Families Walking Challenge**. The challenge offers ways to help you increase physical activity by walking, and it provides a log sheet to track your points. Sign up below to participate!

The Walking Challenge begins on _____.

Sign up by _____ to participate.

Full Name	Phone	Email

FAITHFUL FAMILIES Thriving Communities

Faithful Families
WALKING CHALLENGE

Eat Smart Move More NORTH CAROLINA