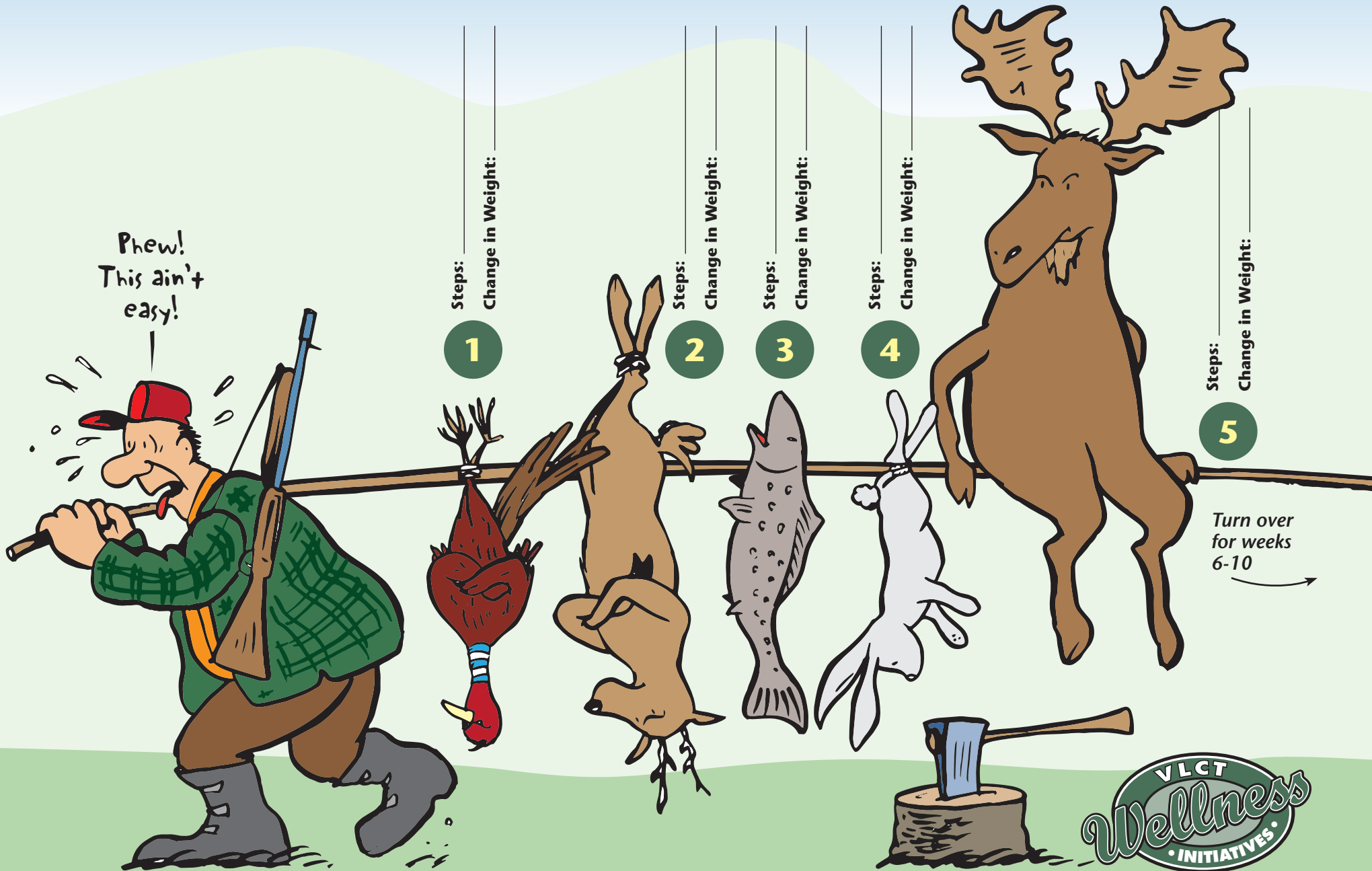
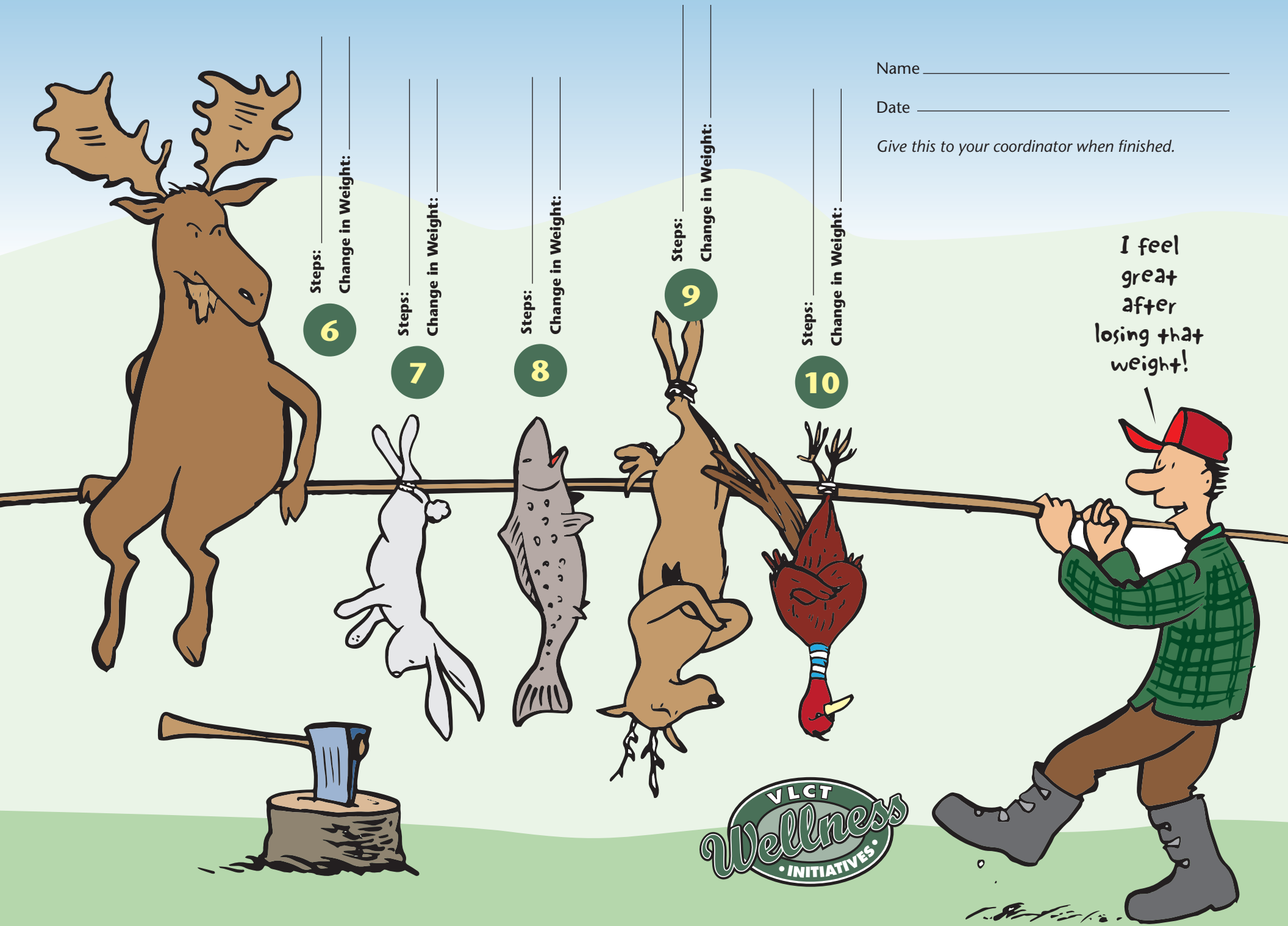


# THE VLCT LUMBERJACK CHALLENGE

Each week try to log 10,000 steps per day and lose 1 pound per week





Steps: \_\_\_\_\_  
Change in Weight: \_\_\_\_\_  
**6**

Steps: \_\_\_\_\_  
Change in Weight: \_\_\_\_\_  
**7**

Steps: \_\_\_\_\_  
Change in Weight: \_\_\_\_\_  
**8**

Steps: \_\_\_\_\_  
Change in Weight: \_\_\_\_\_  
**9**

Steps: \_\_\_\_\_  
Change in Weight: \_\_\_\_\_  
**10**

Name \_\_\_\_\_

Date \_\_\_\_\_

*Give this to your coordinator when finished.*

I feel great after losing that weight!

