

Fourth GFWC-CT Walking/Exercising Contest

Sponsored by GFWC/CT Health and Wellness Department



Who: All GFWC/CT Clubs (The More the Merrier!)

When: April 10 to April 16, 2023

Why: To promote good health and sisterhood

Where: Wherever you normally exercise as a group or

individually

Includes: Any type of exercise: walking, running, biking,

aerobic classes, tennis, pickleball, etc. (Does not

include cleaning house.)

A contact person should be chosen by each participating club.

That person should keep track of her club's activity on the attached log sheet and send to threesams@sbcglobal.net

by April 30.

Winners will be announced at the GFWC/CT convention on May 20th: Small, Medium and Large Club winners and the top three individual performances.

Walking Contest Activity Log 2023

Club:	: Contact Person:		Phone:			Email:	
	Participant	Walking	Running	Bicycling	Aerobics	Others	
	(Name)	(Miles)	(Miles)	(Miles)	(Hours)	(List type of exercise and hours spent)	

INSTRUCTIONS: Club president appoints a contact person for her club.

- 1. Contact person asks participants to record their exercise activity on all days from April 10 through 16, and to inform her of their total by phone or email. Any type of exercise is OK. Ask them to report their results promptly, e.g., by April 18.
- 2. Please ask them to report in the units shown, miles for walking, running, biking, and hours for most others. Estimates are OK.
- 3. List participant names and exercise activity for each on this sheet. Use "Others" column for exercises other than the four listed.
- 4. Include your club name and contact information at the top of this sheet.
- 5. Send the completed activity log to Kathy DeBurra threesams@sbcglobal.net If you prefer, mail a hard copy to 20 Arbor Lane, Madison, CT 06443. It must be received by end of day, April 30.

All exercise activity will be converted to equivalent miles walked using standard charts of calories burned for each type of exercise. Certificates for the best club performance for in the small, medium and large category. Club performance will be calculated by dividing total equivalent miles walked by total members of that club. Small gifts for top three individual performers.