



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 <i>(Name)</i>	Walking <i>(Miles)</i>	Running <i>(Miles)</i>	Bicycling <i>(Miles)</i>	Aerobics <i>(Hours)</i>	Others <i>(List type of exercise and hours spent)</i>

