Please appoint a contact person for your Club. List miles/hours of activity for each member participating. Use "Other activity" for exercises not included in list. Please return by October 31st to Ginny Chulkovs (ginny.chulkovs@gmail.com)

All exercise activities will be converted to equivalent miles by using standard charts of calories burned for each activity. Have fun and stay healthy!

Sheila Macauley Memorial Walking Contest – Oct. 19-25

Club Name: _____ Contact Person: _____

Email: _____

Participants: Activity: Miles/Hours recorded over Oct. 19th – 25th

Name	Walking miles	Running miles	Aerobics hours	Biking miles	Other activity List miles. or hrs.