

Steps Challenge registration form

Name: _____

Address: _____

E-mail: _____

Phone: _____

Steps goal: _____

Approximately 2,000 steps equals one mile. 10,000 steps a day multiplied by 111 challenge days equals 1.11 million steps, or 555 miles.

I hereby agree that West Park Hospital and its employees are not responsible should I receive any injury while participating in any of the Planetree Wellness Committee activities or challenges. I also understand that if I am a West Park Hospital employee, any injury incurred while participating in a wellness activity is not a workman's comp claim. I assume any and all risk while participating in these activities.

I understand that all children under 18 must be FULLY SUPERVISED AT ALL TIMES by a parent or guardian.

Agreed to this _____ day of _____, 2010

Signed _____
(Parent or guardian if under 18)

Witness _____

Sample step goals

Cody to	Miles	Total steps	Steps per day for 111 days
Billings	105	210,000	1,892 steps per day
Old Faithful	113	226,000	2,036 steps per day
Casper	215	430,000	3,874 steps per day
Devils Tower	311	622,000	5,604 steps per day
Sturgis, S.D.	348	696,000	6,270 steps per day
Wyoming State Capitol	386	772,000	6,955 steps per day
Salt Lake City	431	862,000	7,766 steps per day
Canadian border	433	866,000	7,802 steps per day
Denver	465	930,000	8,378 steps per day
Nevada state line	469	938,000	8,451 steps per day
Regina, Saskatchewan	575	1,150,000	10,360 steps per day
Pueblo, Colo.	582	1,164,000	10,487 steps per day
Spokane	609	1,218,000	10,973 steps per day
Sioux Falls, S.D.	725	1,450,000	13,063 steps per day
Santa Fe, N.M.	746	1,492,000	13,442 steps per day