

# 'Fall Into Fitness'

## Lewisville's Annual Fitness Walk 2024

Lace-up those sneakers and get moving! Complete Lewisville's Annual Fitness Walk for a chance to win a \$25 Visa gift card. Participants must walk 50 miles OR 132,000 steps between October 1 and November 30 to enter.

**Please circle which you're counting: Miles OR Steps**  
**Fill in the calendar below to keep up with your total.**

### October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 _____	2 _____	3 _____	4 _____	5 _____
6 _____	7 _____	8 _____	9 _____	10 _____	11 _____	12 _____
13 _____	14 _____	15 _____	16 _____	17 _____	18 _____	19 _____
20 _____	21 _____	22 _____	23 _____	24 _____	25 _____	26 _____
27 _____	28 _____	29 _____	30 _____	31 _____		

# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 _____	2 _____
3 _____	4 _____	5 _____	6 _____	7 _____	8 _____	9 _____
10 _____	11 _____	12 _____	13 _____	14 _____	15 _____	16 _____
17 _____	18 _____	19 _____	20 _____	21 _____	22 _____	23 _____
24 _____	25 _____	26 _____	27 _____	28 _____	29 _____	30 _____

**Total: \_\_\_\_\_ miles/steps**

This completed log is your entry for a chance to win a \$25 Visa gift card.  
Please submit this completed log to Stacy Howard at Town Hall or to [reception@lewisvillenc.net](mailto:reception@lewisvillenc.net) by December 3.

*This walk is sponsored by the Town of Lewisville.*