

STUMP IT UP  
SPRING WALKING CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4/16 STEPS: _____	4/17 STEPS: _____	4/18 STEPS: _____	4/19 STEPS: _____	4/20 STEPS: _____	4/21 STEPS: _____
4/22 STEPS: _____	4/23 STEPS: _____	4/24 STEPS: _____	4/25 STEPS: _____	4/26 STEPS: _____	4/27 STEPS: _____	4/28 STEPS: _____
4/29 STEPS: _____	4/30 STEPS: _____	5/1 STEPS: _____	5/2 STEPS: _____	5/3 STEPS: _____	5/4 STEPS: _____	5/5 STEPS: _____
5/6 STEPS: _____	5/7 STEPS: _____	5/8 STEPS: _____	5/9 STEPS: _____	5/10 STEPS: _____	5/11 STEPS: _____	

*You may submit this form weekly or at the end of the competition. All forms are due by Monday, May 14<sup>th</sup>.  
This form can be submitted by emailing [commonhealth@jmu.edu](mailto:commonhealth@jmu.edu), faxing to 540-568-7916 or intercampus mail – MSC 7009*