

GET STEPPING IN MAY



IT'S TIME TO GET OUT AND GOGURNEE

Summer 2017 Activity Log

Every movement counts, so get out and **GO!** Track the days that you get moving for 30 minutes and see just how far you **GO**.

Each month submit a photo of your tracker and share it to Facebook/**GOGURNEE.com** to be entered into a drawing. Don't have a Facebook? Submit a photo of your tracker each month to:

GOGURNEE@GurneeParkDistrict.com

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	Submit your log photo by June 5.		
				NAME _____		

BE ACTIVE IN JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
NAME _____						
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	Submit your log photo by July 5.



ENJOY MOVING IN JULY



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	Submit your log photo by August 5.				
		NAME _____				

The United States of America Department of Health and Human Services recommends that everyone get 150 minutes a week of moderate activity or 75 minutes of vigorous activity every week or a combination of both.

BREAK A SWEAT IN AUGUST



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

NAME _____		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	Submit your log photo by September 7.	



WHAT IS GO GURNEE?

GO GURNEE, presented by Gurnee Park District, is a local wellness movement designed to increase people's health and well-being through activities, education and community collaboration.

Facebook.com/GOGURNEE
GOGURNEE.com

