

# TAKING STEPS TOWARDS FITNESS LOG



**SUMMIT ESC's**  
**WELLNESS PROGRAM**

*Energize, Socialize, Come Alive!*

NAME

LOCATION

DATE  to

PLEASE LOG YOUR DAILY STEPS IN THE DAY BOX BELOW.  
PLEASE SUBMIT YOUR LOG WHEN YOU SUBMIT YOUR TIMESHEETS ON THE 5TH AND 20TH OF EACH MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		REST
Date		Date		Date		Date		Date		Date		
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		REST
Date		Date		Date		Date		Date		Date		

SHEETS MAY BE DROPPED OFF IN BIN IN HR OFFICE AT 420 WASHINGTON AVENUE, CUYAHOGA FALLS, OH 44221  
OR  
[EMAILED TO: MELISSAC@SUMMITESC.ORG](mailto:Melissac@SummitEsc.org)

