



Wisconsin Association for
Home and Community Education, Inc.

On the Move and in the Groove

March 1st to May 23rd, 2015

Get moving with HCE members from across the State. Record 1 point for each 20 minutes of activity. For example: 1 hour = 3 points

Name of County: _____

Individual: _____

Dates	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Weight (if desired)	Points for week	Total to date
March 1-7										
March 8-14										
March 15-21										
March 22-28										
March 29- April 4										
April 5-11										
April 12-18										
April 19-25										
April 26 - May 2										
May 3-9										
May 10-16										
May 17-23										
Totals										
								Weight Loss	Total Points	

Return completed form by JUNE 1, 2015 to:

Linda Williams, VP Program Planning/Community Outreach, DCHCE, 1801 E. 5th St, Superior, WI 54880
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