

Name: _____

Age: _____

Address: _____

Phone number: _____

Total personal miles walked: _____

Total team miles walked (if applicable): _____

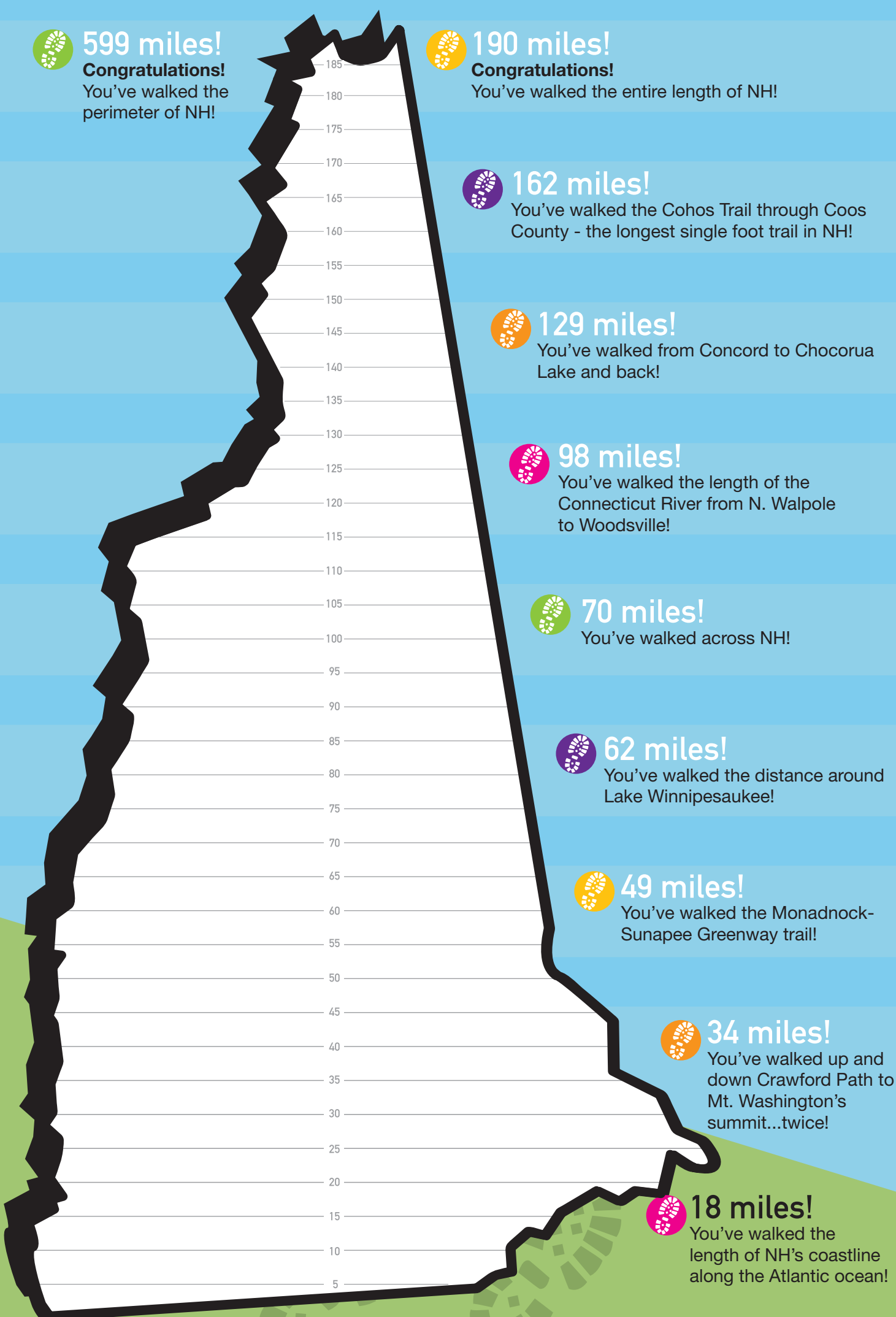
Company/Organization/School (if applicable): _____

You've reached your Walk NH goal! Now just fill out the information on this card. Then cut it out along the dotted line and mail it to the Foundation for Healthy Communities. We will send you a token of achievement that proves you Walked NH!

Now that you've made it to the finish line, all that's left to do is start all over again! The best reward when you walk regularly is staying healthy.

What are you waiting for? Get walking!

Congratulations!



Ready to go?
 Hang this poster up on your wall and use it to keep track of your progress. Just color in the mile-markers above as you walk your way through New Hampshire. Start at the bottom and walk your way up!



