

SMART STEPS SIGN-IN SHEET



The worksite wellness committee of _____ is implementing the *Smart Steps Initiative* to promote the health of its employees. This initiative challenges you to take at least one flight of stairs (_____) on each workday for _____ weeks and keep a record of your activity. Please sign-in to participate and report to the coordinator at the end of the activity period.

Coordinator _____

Activity Period _____

Name	Phone	E-mail
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Please see the Activity Coordinator to pick up your set of Smart Steps materials