

MAYORTHON

Walk or run 26.2 miles a month

STEPS FOR A HEALTHIER COMMUNITY

JOURNEY TO

ONE

one CITY. one JACKSONVILLE.

Mayor Curry commits to a 26.2 with you!

Name: _____

Email: _____

MONTHLY LOG

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 _____	Complete 26.2 miles a month 2,000 steps = 1 mile TOTAL: _____			

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HOW TO PARTICIPATE:

1. Log your steps on this sheet

Using the space on the front of this sheet, write down the number of steps you take each day. Add up your total at the end of the month.

Visit *Map My Mayorthon* on www.JourneyToOne.com to identify distances in areas throughout the city.

2. Submit your monthly totals online

Submit your monthly mileage using the online form at www.JourneyToOne.com. Click the link under *Mayorthon*. You could be featured on the City's website or on social media!

3. Repeat for next month

Health and personal wellness is a lifelong journey! Stay on the journey. Good health is your greatest gift.

www.JourneyToOne.com