







"Hike" the Smokies Challenge

The Hike the Smokies Challenge is designed to encourage employees to move more. It's your decision if you would like to do this challenge as a group activity or individually.

Begin by logging your daily miles. You may convert any type of aerobic activity to miles (15 minutes or 2,000 steps = 1 mile). When you reach the end of one trail, start "hiking" the next trail until you complete all 260.5 miles of trails. *Trail list provided.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Miles	Trails Completed
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									