

## "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 <br> Miles | Trails <br> Completed |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Week 1 |  |  |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |  |  |  |
| Week 5 |  |  |  |  |  |  |  |  |  |
| Week 6 |  |  |  |  |  |  |  |  |  |
| Week 7 |  |  |  |  |  |  |  |  |  |
| Week 8 |  |  |  |  |  |  |  |  |  |

