



# August 2024

Tatum Hall

**FC Wellness Program**

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[www.fremontcountywellness.com](http://www.fremontcountywellness.com)

Happy August!

Thank you for getting your logs turned in so quickly so I could get the incentive checks out!

For those who are participating in the Wellness BINGO Challenge, you do not need to fill out the incentive log in addition to the BINGO Challenge log. Just continue to fillout the BINGO Challenge log through August 16th. After August 16th, you can switch to the incentive activity log (below) and continue as usual.

**FREMONT COUNTY  
WELLNESS  
PROGRAM**

Taking Healthy Steps Together!



NAME: \_\_\_\_\_ DEPT.: \_\_\_\_\_

- **Physical Activity:** On the calendar below, record your physical activity in minutes, steps, or miles and record the total after each week to figure your monthly grand total. OR
- **Blood Pressure:** Take your blood pressure at least once per week and record it on the calendar below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 August	29	30	31	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

<u>Steps</u>	Monthly Total	Average Equivalent	<b>* BP Category</b>
<b>Wow!</b>	240,001 - 360,000+	10001 - 12000+ steps @ 6 - 7 days/week	
<b>In The Zone</b>	100,001 - 240,000	5001 - 10000 steps @ 5 - 6 days/week	
<b>Getting Stronger</b>	48,001 - 100,000	3001 - 5000 steps @ 4 - 5 days/week	
<b>Great Start!</b>	36,000 - 48,000	1000 - 3000 steps @ 3 - 4 days/week	
<u>Miles</u>	Monthly Total	Average Equivalent	<b>Normal</b> less than 120 less than 80
<b>Wow!</b>	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	<b>Elevated</b> 120-129 less than 80
<b>In The Zone</b>	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	<b>Stage 1</b> 130-139 80-89
<b>Getting Stronger</b>	22.1 - 60 mil	1.5 - 2.4 miles @ 4 - 5 days/week	
<b>Great Start!</b>	7.5 - 22 mil	0.5 - 1.4 miles @ 3 - 4 days/week	
<u>Minutes</u>	Monthly Total	Average Equivalent	<b>Stage 2</b> 140 or higher 90 or higher
<b>Wow!</b>	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	<b>EMERGENCY</b> Higher than 180 Higher than 120
<b>In The Zone</b>	601-1080 min	31 - 45 min @ 5 - 6 days/week	
<b>Getting Stronger</b>	321-600 min	21 - 30 min @ 4 - 5 days/week	
<b>Great Start!</b>	120-320 min	10 - 20 min @ 3 - 4 days/week	