

10K-A-DAY

Walking/Running Incentive Program



GOAL: Complete 10,000 Steps/Day

HOW: Use your **Pedometer**, **Phone** or **Fitness Tracker** to record your steps or miles daily. Remember every step counts!

COST: Free!

DATES: October 1 - November 25

WEEKLY PRIZES: Your name will be entered in the weekly prize drawing **every day** that you complete **10K Steps**. Earn a prize at the end of the program if you average **10K Steps- 4 days a week** throughout the 8 week program.

Owned and Operated by
Fargo Park District:



Questions & Registration:

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