

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: **September 30 - November 24**

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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