



# METRO WALK WAYS: *Walk It Out*

June 16 – Aug. 15



Full Name \_\_\_\_\_

Email \_\_\_\_\_ S# \_\_\_\_\_

TRACKER							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL WALKS/ WEEK	TOTAL WALKS FOR MILESTONE
1							June 16 – July 4
2							
3							
4							July 7 – July 25
5							
6							
7							July 28 – Aug. 15
8							
9							

## HOW TO PARTICIPATE:

- Take a selfie during each of your campus walks.
- Tally your campus walks each week.
- Total your campus walks for each three-week milestone.
- After each three-week milestone, submit your tracker and selfies to Emma Klunzinger by Friday at 4 p.m., preferably via email. You can also stop by MBA 100 with your tracker and selfies for an in-person review.
- All trackers must be submitted by 4 p.m. on the Friday of each three-week milestone. The contest ends at 4 p.m. on Friday, Aug. 15.

## PRIZES AND HOW TO WIN:

- **Tri-C Tumbler:** Complete **at least four walks total** during Weeks 1, 2 and 3.
- **Tri-C Cross-Body Bag:** Complete **at least six walks total** during Weeks 4, 5 and 6.
- **Tri-C T-Shirt:** Complete **at least eight walks total** during Weeks 7, 8 and 9.
- Bring a friend to walk with you and snap a photo for a bonus prize.

**GRAND PRIZE:** All participants who complete at least one milestone are entered into a grand prize drawing.

**QUESTIONS?** Contact 216-987-3442 | [lisanetta.mcdade@tri-c.edu](mailto:lisanetta.mcdade@tri-c.edu)

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