

FIT FOR FALL

Fit FOR Fall

2020 Autumn Walking Program

- Check off a box on the chart for each 15 Minutes that you walk
 - Count all your exercise - jogging, raking leaves, Zumba
 - Finish 30 hours of walking (line 12) to earn your free T-shirt
 - Complete the chart to be entered to win a Grand Prize
 - Open to patrons of all ages
- Turn in your completed chart by December 9th to be eligible for prizes
 - Call the library at 330-343-6123 for more information



	15 Minute Intervals								Staff
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									



Don't forget to fill in your contact info! 

Name: _____

Phone Number: _____

T-Shirt Size: _____

Email: _____



DOVER PUBLIC LIBRARY