



Earn up to 250 points for this Lifestyle Program

- **Bike 5 miles per day (35 miles per week) for 8 weeks and earn 150 points. Bike no more than 10 miles any one day**
- **Bike all the way to Alaska by the end of the year and earn 250 points**

How to get started:

- 1) **Get your biking log sheet**
- 2) **Write down the number of miles biked in the log sheet each day**
- 3) **Turn in a copy of the log sheet each quarter (April 1, July 1, Oct 1, Jan 1) to Whole Wellness Within**

MILE MARKERS ALONG THE WAY

500 miles to Duluth, Minnesota
1,000 miles to Regina, Saskatchewan
1,500 miles to Edmonton, Alberta
2,000 miles to Ware, British Columbia
2,500 miles to Tok, Alaska

Attached is a log sheet for you to track your miles on a daily basis. Enter your miles each day and turn in a copy each quarter.

DO THE BEST YOU CAN AND EARN POINTS!

Join in this Lifestyle Program and bike your way to a healthier YOU!