



ON THE MOVE AND IN THE GROOVE
February 26 to May 27, 2017



Get moving with HCE members from across the State. Record one point for each 20 minutes of activity. For example, one hour equals three points.

County: _____

Individual _____

Dates	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	TOTAL WEEK	RUNNING TOTAL
Feb 26- Mar 4									
March 5-11									
March 12-18									
March 19-25									
March 26- April 1									
April 2-8									
April 9-15									
April 16-22									
April 23-29									
March 30- May 6									
May 7-13									
May 14-20									
May 21-27									
TOTAL POINTS									

Send To: Gloria Lichtfuss (June 1, 2016)
 151 South State Street
 Berlin WI 54923



Wisconsin Association for
Home and Community Life, Inc.

On the Move and in the Groove February 26 to May 27, 2017

Family and Community Life will again be focusing on walking and exercise as a countywide activity. Any activity you do between February 26 and May 27 can be counted. This includes walking, cleaning, gardening, dancing, swimming, and you-name-it exercise of any kind. Each 20 minutes equals one (1) point. For example, one hour equals three (3) points. Please report your totals in points, not hours.

Forms are also available online, or you may develop your own as long as you use points for your total. Remember, one point for every 20 minutes of activity.

Please send your completed report to Gloria Lichtfuss, 151 South State Street, Berlin WI 54923, no later than June 1. Gloria will compile reports at the county level and send them the Vice President for Family and Community Life by June 10.

In 2016, there were 33 counties that reported participation in “On the Move and in the Groove” with total points at 136,834 up from 98,989 in 2016! Way to go! I’m sure we will break 150,000 points next year with everyone Movin’ and Groovin’!

The winners for 2016 were Kewaunee County with 19,713 points and Brown County with 12,240 points. Outagamie and Rock Counties were not far behind, so let’s keep this competition going for everyone’s good health and well being.

(SEE FORM ON REVERSE SIDE)