

Movin' Communities of Waupaca County

<http://waupaca.uwex.edu> and click on Movin' Communities

Weekly Schedule 2009

Week	Monday thru Sunday
1	April 13 – April 19
2	April 20 – April 26
3	April 27 – May 3
4	May 4 – May 10
5	May 11 – May 17
6	May 18 – May 24

How to count Movin' Miles:

- *15 minutes = ½ Movin' Mile
- *30 minutes = 1 Movin' Mile
- ** Goal = 5 Movin' Miles per week

To be eligible for weekly drawings, please cut and return each weekly scorecard by Wednesday of the following week to:

The Movin' Communities Drop Box
in your community
OR mailed by Wednesday to
Movin' Communities
Attn: UW Extension
811 Harding Street
Waupaca, WI 54981

Drawings will be held the following Monday and posted on the website.

Please fill out the "before" section of the survey on the last page before you begin the Movin' Communities program and keep until the final week. Complete the survey after week 6 and return with the Week 6 Scorecard for the final drawing. Thank you and keep Movin'!

Cut-----

Include your email if you would like to receive weekly information about exercising and eating healthy.

Movin' Communities Weekly Scorecard

	Activities	# Movin' Miles
Mon		
Tues		
Wed		
Thur		
Fri		
Sat		
Sun		

Week ___ Date _____ Total Miles _____

Cut-----Cut

Movin' Communities Weekly Scorecard

	Activities	# Movin' Miles
Mon		
Tues		
Wed		
Thur		
Fri		
Sat		
Sun		

Week ___ Date _____ Total Miles _____

Please check (one) Community Chamber bucks drawing you would like to enter:

- Clintonville
- Iola/Scandinavia
- Manawa
- Marion
- New London
- Waupaca
- Weyauwega

Name and address (home or work)
in Waupaca County:

Please check (one) Community Chamber bucks drawing you would like to enter:

- Clintonville
- Iola/Scandinavia
- Manawa
- Marion
- New London
- Waupaca
- Weyauwega

Name and address (home or work)
in Waupaca County:

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Tues		
Wed		
Thur		
Fri		
Sat		
Sun		

Week ___ Date _____ Total Miles _____

Please check (one) Community Chamber bucks drawing you would like to enter:

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Clintonville | <input type="checkbox"/> New London |
| <input type="checkbox"/> Iola/Scandinavia | <input type="checkbox"/> Waupaca |
| <input type="checkbox"/> Manawa | <input type="checkbox"/> Weyauwega |
| <input type="checkbox"/> Marion | |

Name and address (home or work)
in Waupaca County:

Cut-----Cut
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Name and address (home or work)
in Waupaca County:

Movin' Communities Weekly Scorecard

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Mon		
Tues		
Wed		
Thur		
Fri		
Sat		
Sun		

- Clintonville New London
- Iola/Scandinavia Waupaca
- Manawa Weyauwega
- Marion

Name and address (home or work)
in Waupaca County:

Week 6 Date _____ Total Miles _____

Please include this survey **with your Week 6 Scorecard** to be eligible for the Final Gift Certificate drawings. Thank you for participating in Movin' Communities!

Before Movin' Communities

How often did you exercise each week?
 0 times 1-2 times 3-4 times 5+times

How did you rate your general health?
 Poor Good Very Good Excellent

How would you rate your previous eating habits?
 Poor Good Very Good Excellent

After Movin' Communities

How often did you exercise each week?
 0 times 1-2 times 3-4 times 5+times

How did you rate your general health?
 Poor Good Very Good Excellent

How would you rate your previous eating habits?
 Poor Good Very Good Excellent

Why did you join Movin' Communities?

Where did you hear about Movin' Communities?

How has Movin' Communities changed other lifestyle choices?

Did this program motivate you to exercise? Yes No

Would you participate in a program like Movin' Communities again?

What could be done to improve the Movin' Communities program?

Age: _____

Gender: M / F