### Guidelines:
- Record your walking and other physical activities on this tracking calendar. Activities must be at least 15 minutes in length to qualify.
- Participants must record 150+ minutes of moderate intensity activity every week of the program, Wed. April 3rd through Tues. May 7th, 2013.
- Examples of moderate intensity activities include: walking, biking, hiking, exercise videos, dancing, strength training, etc.
- Fax completed calendar to 404-727-7500 or email to fsap@emory.edu no later than Friday May 10th, 2013.
- All completed calendars received no later than May 10th will be entered in a random drawing for prizes!