



FORT MILL 150 FIT CHALLENGE TRACKER

DIRECTIONS

FORT MILL 150 FIT CHALLENGE IS A FUN WAY TO CELEBRATE THE TOWN'S 150TH ANNIVERSARY!

THE GOAL IS FOR YOU TO COMPLETE 150 MILES BY THE END OF 2023. THIS CHALLENGE IS BROKEN INTO 3 TIME FRAMES; FEBRUARY 12-JULY 31, AUGUST 1-DECEMBER 31 OR YOU CAN USE THE ENTIRE TIME FEBRUARY 12-DECEMBER 31. YOU CAN TURN IN YOUR COMPLETED TRACKER JULY 31 OR DECEMBER 31 FOR PRIZES.

YOU CAN USE THIS TRACKER TO LOG THE DISTANCE OF YOUR WALK OR RUN WITHIN THE TOWN OF FORT MILL LIMITS/INCORPORATED AREA TO WIN GREAT PRIZES. CHECK OUT THE MAP AT WWW.FORTMILLSC.GOV/FORTMILL150FITCHALLENGE TO SEE WHERE YOUR WALK/RUN NEEDS TO HAPPEN TO COUNT FOR PRIZES.

RECOMMENDATIONS FOR LOCATIONS TO LOG YOUR MILES ARE:

DOWNTOWN FORT MILL

WALTER ELISHA PARK-345 N. WHITE ST.

KINGSLEY

LOCAL NEIGHBORHOOD WALKING TRAILS

ANNE SPRINGS CLOSE GREENWAY

(DAILY ADMISSION REQUIRED-ASCG OFFERING ONE MONTH FREE WITH PURCHASE OF AN ANNUAL GREENWAY MEMBERSHIP (FAMILY OR INDIVIDUAL) FOR THOSE THAT COMPLETE THE FIT CHALLENGE)

YMCA AT THE COMPLEX

(MEMBERSHIP REQUIRED- YMCA AT THE COMPLEX ALLOWING REGISTERED PARTICIPANTS TO RECEIVE A FREE ONE-WEEK PASS)

THE PROGRAM IS OPEN TO EVERYONE AND IS FREE. YOU MUST REGISTER ONLINE AT WWW.FORTMILLSC.GOV/FORTMILL150FITCHALLENGE.

EMAIL COMPLETED TRACKERS TO JACONA HESTER, EVENTS COORDINATOR AT JHESTER@FORTMILLSC.GOV OR DROP OFF AT FORT MILL TOWN HALL, 200 TOM HALL STREET.

USE #FORTMILL150 TO SHARE YOUR PROGRESS PHOTOS ONLINE!

THANK YOU FOR JOINING THE FUN!



FORT MILL 150 FIT CHALLENGE

USE #FORTMILL150 TO SHARE YOUR PROGRESS PHOTOS ONLINE!

MONTH: | BEGIN FEBRUARY 12

	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

MONTH: | APRIL

	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

MONTH: | MARCH

	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

MONTH: | MAY

	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							



FORT MILL 150 FIT CHALLENGE

USE #FORTMILL150 TO SHARE YOUR PROGRESS PHOTOS ONLINE!

MONTH: JUNE							
	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

MONTH: AUGUST							
	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

MONTH: JULY							
	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

MONTH: SEPTEMBER							
	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							



FORT MILL 150 FIT CHALLENGE

USE #FORTMILL150 TO SHARE YOUR PROGRESS PHOTOS ONLINE!

MONTH: OCTOBER							
	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

MONTH: NOVEMBER							
	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

MONTH: DECEMBER							
	M	T	W	T	F	S	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
LOCATION OF WALK/RUN							

NAME _____

PHONE _____

EMAIL _____

ADDRESS _____

TOWN _____

STATE _____

ZIP _____