



February 2026

Tatum Hall

FC Wellness Program

307-714-2380

tatum.hall@fremontcountywy.gov

www.fremontcountywellness.com

SAVE THE DATE

Fremont County Employee Health Fair
Wednesday & Thursday, April 22nd & 23rd

Watch for more information coming soon!



If you are new, welcome to
the Incentive Program!
The February Log is below.

NAME: _____ DEPT.: _____

- **Physical Activity:** On the calendar below, record your physical activity in minutes, steps, miles or activity optional: record the total after each week to figure your monthly grand total. OR
- **Blood Pressure:** Take your blood pressure at least once per week and record it on the calendar below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  February	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

<u>Steps</u>	<u>Monthly Total</u>	<u>Average Equivalent</u>	* BP Category
Wow!	240,001 - 360,000+	10001 - 12000+ steps @ 6 - 7 days/week	Normal less than 120 less than 80
In The Zone	100,001 - 240,000	5001 - 10000 steps @ 5 - 6 days/week	
Getting Stronger	48,001 - 100,000	3001 - 5000 steps @ 4 - 5 days/week	
Great Start!	36,000 - 48,000	1000 - 3000 steps @ 3 - 4 days/week	
<u>Miles</u>	<u>Monthly Total</u>	<u>Average Equivalent</u>	Elevated 120-129 less than 80
Wow!	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	
In The Zone	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	
Getting Stronger	22.1 - 60 mil	1.5 - 2.4 miles @ 4 - 5 days/week	Stage 1 130-139 80-89
Great Start!	7.5 - 22 mil	0.5 - 1.4 miles @ 3 - 4 days/week	
<u>Minutes</u>	<u>Monthly Total</u>	<u>Average Equivalent</u>	Stage 2 140 or higher 90 or higher
Wow!	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	
In The Zone	601-1080 min	31 - 45 min @ 5 - 6 days/week	
Getting Stronger	321-600 min	21 - 30 min @ 4 - 5 days/week	
Great Start!	120-320 min	10 - 20 min @ 3 - 4 days/week	EMERGENCY Higher than 180 Higher than 120