



# February 2026

Tatum Hall

**FC Wellness Program**

**307-714-2380**

[tatum.hall@fremontcountywy.gov](mailto:tatum.hall@fremontcountywy.gov)

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