



# August 2023

Tatum Hall

**FC Wellness Program**

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[www.fremontcountywellness.com](http://www.fremontcountywellness.com)

Happy August!

Thank you for getting your logs turned in so quickly so I could get the incentive checks out!

For those who are participating in the Wellness "Get Up & Move" Challenge, just continue to fill out the challenge log through August 15th. After August 15th, you can switch to the incentive activity log (below) and continue as usual.

If you are having trouble with your pedometer, please let me know so I can get you a new one. I have a few wrist pedometers too.

**FREMONT COUNTY  
WELLNESS  
PROGRAM**

Taking Healthy Steps Together!



NAME: \_\_\_\_\_ DEPT.: \_\_\_\_\_

- **Physical Activity:** On the calendar below, record your physical activity in minutes, steps, or miles and 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 |
|--|-----|-----|-----|-----|-----|-----|
|  August | 31  | 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  | 29  | 30  | 31  |     |     |

| <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>Normal</b><br>less than 120<br>less than 80         |
| <b>Wow!</b>             | 115.1 - 171 + mil  | 4.9 - 5.7+ miles @ 6 - 7 days/week     | <b>Elevated</b><br>120-129<br>less than 80             |
| <b>In The Zone</b>      | 60.1 - 115 mil     | 2.5 - 4.8 miles @ 5 - 6 days/week      | <b>Stage 1</b><br>130-139<br>80-89                     |
| <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>Stage 2</b><br>140 or higher<br>90 or higher        |
| <b>Wow!</b>             | 1081-1800+ min     | 46 - 60+ min @ 6 - 7 days/week         | <b>EMERGENCY</b><br>Higher than 180<br>Higher than 120 |
| <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          |  |