

## **OAKFIT WALKS MICHIGAN**

June 6 - July 31, 2022

#### **HOW IT WORKS**

- 1. Assemble your team of four
- 2. Choose a team captain
- 3. Register your team name by emailing oakfit@oakgov.com
- 4. Walk, record and report your steps weekly

#### THE RULES

- 1. Each week all team members will be sent a notification from Smartsheets to submit their total miles walked. \*2,200 steps = 1 mile
- 2. Weekly entry deadline: Monday by 3:00 p.m.
- 3. Track your standing on the leaderboard at www.oakgov.com/wellness where all team totals will be updated and display every Wednesday.



#### ADD TO THE FUN WALK TO THE U.P. TOO!

Begin your tracking in St. Ignace for the bonus of walking the Upper Penninsula of Michigan. Don't forget to log your bonus steps too. Can you make it around the both the Lower and Upper in just 56 days?

#### **NOW POST THE FUN!**

Join the facebook group and let's motivate each other to Walk Michigan.

Find us on f @oakfitwellness

# Oakland County Parks and Trails

Addison Oaks

22 Miles of Trails

Catalpa Oaks

1 Mile of Trails

**Groveland Oaks** 

3 Miles of Trails

**Highland Oaks** 

2.5 Miles of Trails

**Independence Oaks** 

15 Miles of Trails

Lyon Oaks

6.5 Miles of Trails

Orion Oaks

14 Miles of Trails

Red Oaks
2.5 Miles of Trails

Rose Oaks

6 Miles of Trails

Springfield Oaks

1 Mile of Trails

Waterford Oaks

3.5 Miles of Trails



4 PERSON TEAMS



56 DAYS



10,558 STEPS/DAY PER MEMBER



1075 **MILES** 



2,365,000 TOTAL STEPS

### **TEAM NAME**

	Team Captain	Team Member	Team Member	Team Member	Weekly Totals
June 6 – 12					
June 13 – 19					
June 20 – 26					
June 27 – July 3					
July 4 – 10					
July 11 – 17					
July 18 – 24					
July 25 – July 31					
Total Steps					
Total Miles (2,200 steps = 1 mile)					