

MOVEmber 2026

Fitness Walking Challenge

Lace up those sneakers and get moving!
Walk 50 miles or 132,000 steps between
November 1 and November 30!

Please circle which you are counting: Miles or Steps

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Let's get moving in MOVEmber! _____	2 _____	3 Notice nature _____	4 _____	5 Spot 5 things that start with the letter L _____	6 _____	7 _____
8 _____	9 Things that start with the alphabet A-Z _____	10 _____	11 _____	12 _____	13 _____	14 Double Dog Day Steps! _____
15 Try a new route _____	16 _____	17 _____	18 Count how many white cars you see _____	19 _____	20 Count how many bikes you see _____	21 _____
22 _____	23 _____	24 Support LOCAL Lewisville Shops _____	25 _____	26 Walk/Wobble til you Gobble! _____	27 _____	28 _____
29 _____	30 Celebrate Your Steps! _____					



**Submit this form to Town Hall or
reception@lewisvillenc.net by Wednesday, December 2 to
be entered for a chance to win a \$25 gift card!**

Total: _____ miles/steps