



**Gurnee Park District**  
4374 Old Grand Avenue  
Gurnee, Illinois 60031  
GurneeParkDistrict.com



PRESENTED BY GURNEE PARK DISTRICT

[facebook.com/GOGurnee](https://facebook.com/GOGurnee)  
[GoGurnee.com](http://GoGurnee.com)  
#GoGURNEE

# GO GURNEE

## WALKING LOG



## GET OUT AND MOVE

- 1 STEP ONE - Set a goal:** Step up to the challenge and walk 30 minutes a day for the month of May. Visit [Facebook.com/GOGurnee](https://www.facebook.com/GOGurnee) for details, motivation and tips.
- 2 STEP TWO - Get stepping at the kick-off event!** Meet at Viking Park (4374 Old Grand Avenue, Gurnee) Sunday, May 1st at 6:00 pm for an inspiring rally and 30 minute walk.
- 3 STEP THREE - Walk** each evening at 6:30 pm through May 31st, in your neighborhood or at any park of your choice.
- 4 STEP FOUR - Keep stepping at the walking rally!** Join your family, friends and neighbors in celebrating your success Wednesday, June 1st at Viking Park at 6:00 pm with a 30 minute community walk.
- 5 STEP FIVE - Continue walking 30 minutes each day and visit the GO GURNEE Facebook page** for surprises, education activities and new opportunities.



## TRACK YOUR WALKING

M A Y	1 Kick-off Event 6pm Viking Park	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	J U N E	1 Walking Rally 6pm Viking Park		

Use this handy log to track the days you walked this month.

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"The simple act of walking has the power to transform your health."  
Vivek H. Murthy - U.S. Surgeon General



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