Move More StairWELL Initiative Sign-In Sheet

The _____*(name of worksite)*_____ is implementing the ***Move More StairWELL Initiative*** to promote the health of its employees. This initiative challenges you to take at least one flight of stairs (_____*define one flight*_____) on each workday for 6 weeks and keep a record of your activity. Please sign-in to participate and report to the coordinator at the end of the activity period.

Coordinator _____
Activity Period _____

Name	Phone	E-mail