



Wisconsin Association for  
Home and Community Education, Inc.

## On the Move and in the Groove

### February 26 to May 27, 2017

Get moving with HCE members from across the State. **Record 1 point for each 20 minutes of activity. For example: 1 hour = 3 points.**

➤ Please complete this form by May 30 and mail it to Donna Rudolph, DAHCE VP of Programs, 5591 Whitefish Bay Road, Sturgeon Bay, WI 54235

Member's name: \_\_\_\_\_

Member's club: \_\_\_\_\_

Dates	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Weight (if desired)	Points for week	Total to date
Feb. 26- Mar. 4										
March 5-11										
March 12-18										
March 19-25										
March 26- April 1										
April 2-8										
April 9-15										
April 16-22										
April 23-29										
April 30- May 6										
May 7-13										
May 14-20										
May 21-27										
<b>Totals</b>										
								<b>Weight Loss</b>	<b>Total Points</b>	

Send your completed report **by May 30** to **Donna Rudolph**, DAHCE VP of Programs, 5591 Whitefish Bay Road, Sturgeon Bay, WI 54235 who will combine them and complete the County Combined Report to mail to WAHCE VP of Family and Community Life (JoAnn Blonien) by June 10. Thank you!