Step into Spring with Kim Family Chiropractic! 

Join Our April Step Program! Track your steps for one week, then enter your name into a draw to win a $50.00 Sport Chek gift card! 

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pedometer# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| April 5-11 |  |  |  |  |  |  |  |
| April 12-18 |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |

Step into Spring with Kim Family Chiropractic! 

Join Our April Step Program! Track your steps for one week, then enter your name into a draw to win a $50.00 Sport Chek gift card! 

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pedometer# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| April 5-11 |  |  |  |  |  |  |  |
| April 12-18 |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |

Step into Spring with Kim Family Chiropractic! 

Join Our April Step Program! Track your steps for one week, then enter your name into a draw to win a $50.00 Sport Chek gift card! 

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pedometer# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| April 5-11 |  |  |  |  |  |  |  |
| April 12-18 |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |