

# Movin' Communities of Waupaca County

<http://waupaca.ussex.edu> and click on Movin' Communities

## Weekly Schedule 2009

Week	Monday thru Sunday
1	March 30-April 5
2	April 6 – April 12
3	April 13 – April 19
4	April 20 – April 26
5	April 27 – May 3
6	May 4 – May 10

### How to count Movin' Miles:

- \*15 minutes = ½ Movin' Mile
- \*30 minutes = 1 Movin' Mile
- \*\* Goal = 5 Movin' Miles per week

*To be eligible for weekly drawings, please cut and return each weekly scorecard by Wednesday of the following week to:*  
 The Movin' Communities Drop Box  
 in your community  
*OR mailed by Wednesday to*  
 Movin' Communities  
 Attn: UW Extension  
 811 Harding Street  
 Waupaca, WI 54981  
*Drawings will be held the following Monday and posted on the website.*

Please fill out the "before" section of the survey on the last page before you begin the Movin' Communities program and keep until the final week. Complete the survey after week 6 and return with the Week 6 Scorecard for the final drawing. Thank you and keep Movin'!

Cut-----  
 Include your email if you would like to receive weekly information about exercising and eating healthy.

## Movin' Communities Weekly Scorecard

	Activities	# Movin' Miles
Mon		
Tues		
Wed		
Thur		
Fri		
Sat		
Sun		

Week \_\_\_ Date \_\_\_\_\_ Total Miles \_\_\_\_\_

Please check (one) Community Chamber bucks drawing you would like to enter:

- Clintonville
- New London
- Iola/Scandinavia
- Waupaca
- Manawa
- Weyauwega
- Marion

**Name and address (home or work)  
in Waupaca County:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> Clintonville     | <input type="checkbox"/> New London |
| <input type="checkbox"/> Iola/Scandinavia | <input type="checkbox"/> Waupaca    |
| <input type="checkbox"/> Manawa           | <input type="checkbox"/> Weyauwega  |
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Name and address (home or work)  
in Waupaca County:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Name and address (home or work)  
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\_\_\_\_\_

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Name and address (home or work)  
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\_\_\_\_\_

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in Waupaca County:

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Week 6 Date \_\_\_\_\_ Total Miles \_\_\_\_\_

Please include this survey **with your Week 6 Scorecard** to be eligible for the Final Gift Certificate drawings. Thank you for participating in Movin' Communities!

Before Movin' Communities

How often did you exercise each week?  
 0 times  1-2 times  3-4 times  5+times

How did you rate your general health?  
 Poor  Good  Very Good  Excellent

How would you rate your previous eating habits?  
 Poor  Good  Very Good  Excellent

After Movin' Communities

How often did you exercise each week?  
 0 times  1-2 times  3-4 times  5+times

How did you rate your general health?  
 Poor  Good  Very Good  Excellent

How would you rate your previous eating habits?  
 Poor  Good  Very Good  Excellent

Why did you join Movin' Communities?

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Where did you hear about Movin' Communities?

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How has Movin' Communities changed other lifestyle choices?

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Did this program motivate you to exercise?                      Yes                      No

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Would you participate in a program like Movin' Communities again?

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What could be done to improve the Movin' Communities program?

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Age: \_\_\_\_\_

Gender: M / F