



Hiker's Name \_\_\_\_\_

Age \_\_\_\_\_

Email \_\_\_\_\_

Choose your award preference below:

\_\_\_ Pin (for lanyard or backpack)

\_\_\_ Medallion

\_\_\_ Walking Stick with Medallion (1st time participants only)

# 2022 TRACKER

Register at [EEHealth.org/TakeaHike](http://EEHealth.org/TakeaHike) then complete **6 HIKES**, on any trails you choose, during the 8-week Healthy Driven Take a Hike! Challenge (Sept. 1 - Oct. 27), to earn the **TAKE A HIKE! TRAIL BLAZE AWARD\*** (includes either a commemorative pin or a walking stick with a commemorative medallion).

**Complete this Take a Hike! Tracker and bring it to one of the below locations between Oct. 28 - Nov. 30 to pick up your award:**

- ▶ **Forest Preserve District of DuPage County Visitor Services**, 3S580 Naperville Rd., Wheaton
- ▶ **Naperville Park District's Knoch Knolls Nature Center**, 320 Knoch Knolls Rd., Naperville
- ▶ **Elmhurst Park District Wagner Community Center**, 615 N West Ave., Elmhurst
- ▶ **The Conservation Foundation**, 10S404 Knoch Knolls Rd., Naperville

Learn more about pick-up locations and hours at [EEHealth.org/TakeaHike](http://EEHealth.org/TakeaHike).

Hiking outdoors has been shown to improve overall health, including:

- ▶ Blood pressure
- ▶ Strength
- ▶ Balance
- ▶ Mood
- ▶ Stress levels
- ▶ Relationships

*\*Supplies are limited. Offer is valid while supplies last. Complete one Take a Hike! Tracker per person.*

<p><b>HIKE 1</b></p> <p>Date _____</p> <p>Trail _____</p> <p>Notes _____</p>	<p><b>HIKE 2</b></p> <p>Date _____</p> <p>Trail _____</p> <p>Notes _____</p>
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<p><b>HIKE 3</b></p> <p>Date _____</p> <p>Trail _____</p> <p>Notes _____</p>	<p><b>HIKE 4</b></p> <p>Date _____</p> <p>Trail _____</p> <p>Notes _____</p>
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<p><b>HIKE 5</b></p> <p>Date _____</p> <p>Trail _____</p> <p>Notes _____</p>	<p><b>HIKE 6</b></p> <p>Date _____</p> <p>Trail _____</p> <p>Notes _____</p>
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<p><b>HIKE 7 (OPTIONAL)</b></p> <p>Date _____</p> <p>Trail _____</p> <p>Notes _____</p>	<p><b>HIKE 8 (OPTIONAL)</b></p> <p>Date _____</p> <p>Trail _____</p> <p>Notes _____</p>
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