



Hiker's Name _____

Age _____

Email _____

Choose your award preference below:

___ Pin (for lanyard or backpack)

___ Medallion

___ Walking Stick with Medallion (1st time participants only)

2023 TRACKER

Register at 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
- ▶ **Fullersburg Woods Nature Education Center**, 3609 Spring Road, Oak Brook

Learn more about pick-up locations and hours at 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.*

HIKE 1

Date _____

Trail _____

Notes _____

HIKE 2

Date _____

Trail _____

Notes _____

HIKE 3

Date _____

Trail _____

Notes _____

HIKE 4

Date _____

Trail _____

Notes _____

HIKE 5

Date _____

Trail _____

Notes _____

HIKE 6

Date _____

Trail _____

Notes _____

HIKE 7 (OPTIONAL)

Date _____

Trail _____

Notes _____

HIKE 8 (OPTIONAL)

Date _____

Trail _____

Notes _____

