



# 2026 Challenge

April 1 - October 31, 2026

WALK<sup>®</sup> WITH a  
DOC  
CENTRAL OHIO

## How it works:

Attend Walk with a Doc events and complete various health challenges throughout the year. Build healthy habits, work toward your goals, and earn prizes at the end of the season as a reward for your efforts! This challenge is designed to help you take simple **steps** toward better health.



- The challenge runs from **Apr. 1 - Oct. 31**
- Visit **walkwithadoc.org/columbus** for WWAD locations and schedules.
- Review the health challenges on the back of this sheet. *Stay tuned to our website and monthly newsletter because we'll be sharing tips and ideas for the challenges.*
- Attend walks, complete challenges, and have fun!
- Submit your final results by **November 1<sup>st</sup>**. Visit the website or give your sheet to a volunteer and ask them to submit it.
- Attend the **Annual Celebration** on **November 7<sup>th</sup>** to receive your prizes and special recognition.

WALKwithaDOC.org / COLUMBUS

# Tracking Your Points

## 1 ATTEND WALK WITH A DOC EVENTS

Earn **1 point** for each WWAD event you attend. Make sure you sign in at each walk. You'll also receive a **free t-shirt** if you attend **5 or more walks** between April 1 - October 31, 2026.

# WALKS ATTENDED:  
(April - October, 2026)

\_\_\_\_\_

Earn **1 additional bonus point** for each new WWAD location you attend this year. Mark each one with an **X** once you attend:

# BONUS POINTS:

\_\_\_\_\_

*(16 possible)*

WOODWARD PARK	PARK OF ROSES (CLINTONVILLE)	HIGHBANKS	MARION FRANKLIN	GROVE CITY	WHITEHALL	COFFMAN PARK (DUBLIN)	REYNOLDS-BURG YMCA
UPPER ARLINGTON	BLACKLICK WOODS	DODGE PARK	FAR EAST	LINDEN	VERENA AT HILLIARD	THE WELL (HILLIARD)	GOODALE PARK

## 2 COMPLETE CHALLENGES 1 point each, complete each one up to 3 times.

	✓ WHEN COMPLETED
Take a 20+ minute walk on at least 5 days in one week.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
20+ minutes of strength training (i.e. weights, lunges, sit-ups, pushups, chair yoga, squats).	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Include a fruit and/or veggie in <b>each meal</b> on at least 5 days in one week.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
15+ minutes of stress-reduction (journaling, breathing, meditation, yoga, prayer, quiet time).	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cook the recipe of the month (see WWAD newsletter or <a href="http://walkwithadoc.org/columbus">walkwithadoc.org/columbus</a> ).	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ask the volunteer doctor a question during a WWAD event.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Invite someone to join WWAD, or tag @walkwithadoc on social media.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Volunteer at a community event.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Schedule an annual checkup and/or get a screening/vaccination (i.e. mammogram, flu shot)	<input type="checkbox"/> (3 points)
Do a "Walk at Home" workout: <a href="http://walkwithadoc.org/virtual">walkwithadoc.org/virtual</a>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Attend a wellness event other than WWAD (i.e. 5K, health fair, lecture, or fitness class)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Submit your final results by **November 1, 2026** at **[walkwithadoc.org/columbus](http://walkwithadoc.org/columbus)**

CHALLENGE POINTS

\_\_\_\_\_

*(33 possible)*