Take The Stairs Log Sheet

Name _____

Duke Unique ID _____

Duke Box Number _____

Duke Phone Number _____

Date of Submission of Form _____

Please check one:

____ Send me the prize for this level

____ Send me LIVE FOR LIFE dollars

Levels:

- One mile (2,000 steps)
- 5K (6,200 steps)
- 10K (12,400 steps)
- Half marathon (26,200 steps)
- Marathon (52,400 steps)

Date	Stairs Up	Stairs Down	Total Stairs

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