

GET STARTED!

Collect stamps for each activity you complete to earn miles on your health journey.



Receive or redeem your stamps – and prizes! – by taking your **Blazin' Trails** health passport to Pioneers Medical Center or the Meeker Recreation Center.

Earn Stamps on Your Journey

Activity:	Stamp Value:	Collect From:
Fitness Class	2	Fitness Instructor
Individual Workout	1	Rec Center Guest Services
Blood Pressure Check	1	Meeker Drugs Pharmacy
Annual Physical (Trails to Health)	5	Doctor
Trails to Health Follow-Up	1	PMC Health Coach

For a list of activities, their stamp value and prize eligibility, visit the **Blazin' Trails** page at PioneersHospital.org.

MY HEALTH JOURNAL

My health goals include...

1. _____

2. _____

3. _____

My recent health activities have included: _____

My favorite accomplishment has been: _____

When you complete this passport, you will have earned 50 stamps toward your health journey. We recommend attempting to complete a passport every six months.

Return your completed passports and/or obtain additional passports at Pioneers Medical Center or the Meeker Recreation Center. Additional stamp pages can also be printed from the website.

Name: _____

Email: _____

Address (if no email provided): _____



BLAZIN'
TRAILS

