



2017

SEPTEMBER

We strongly encourage you to incorporate all three dimensions of fitness, **cardio, strength, and/or flexibility** into your routine over these four weeks.

It is not required to have them all checked off. As long you do **one type** of exercise at least **four days** per week, you will qualify for prizes.

See Sample Tracker Form for more details.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You choose your exercise! Below are the required minimum amount of minutes to be able to check the box:</p> <p>Cardio 30 minutes of continuous aerobic activity, or two 15-minute sessions, or three 10-minute sessions Strength 30 minutes of weight-bearing activity or two 15-minute sessions Flexibility 15 minutes of continuous stretching</p>						
<p>This is October</p>	<p>Week 3</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>
<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>This is October</p> <p>Week 4</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>1</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>
<p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>18 START HERE Week 1</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>19</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>20</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>21</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>22</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>23</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>
<p>24</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>25</p> <p>Week 2</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>26</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>27</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>28</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>29</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>30</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>
<p>1</p> <p><input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility</p>	<p>2</p>	<p>How to Qualify for the Weekly and GRAND Prize Drawings:</p> <p>Weekly \$50 Gift Cards: Exercise at least 4 times/week</p> <p>GRAND Prize Drawings: Exercise at least 4 times/week each week (four weeks total)</p>				