

Name: _____ Winter of Fitness Challenge Staff Referral: _____
 Nickname you want used on the Challenge board _____
 Participant Winter goal for 2016: _____

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**In the spaces provided list the activities you perform that earn points. Remember to have a staff member initial your work.					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29			**In the spaces provided List the activities you perform that earn points. Remember to have a staff member initial your work.		

Name: _____ Winter of Fitness Challenge Staff Referral: _____

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MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**In the spaces provided List the activities you perform that earn points. Remember to have a staff member initial your work.		1	2	3	4	5
	6	7	8	9	10	12
	13	14	15	16	17	18
	20	21	22	23	24	25
	27	28	29	30	31	

Winter of Fitness Challenge

Welcome to the *Winter of Fitness Challenge* at Level! Members and Non-members are encouraged to participate by taking a monthly calendar and filling in their fitness activities at Level as well as other healthy activities that aid them in meeting their goals this winter season. Every month participants are invited to re-evaluate their goals for the winter and adjust based on changes and progress. For each activity, participants earn points toward prizes!

Make sure to write your name on each monthly log that you fill in as well as your winter goal for 2016. In each square on the calendar, participants should record any or all of the activities they engaged in and get a staff member from Level to initial their activities. At the end of each month, participants sheets will be tallied and appear in the main gym bulletin board. If you don't want your name published on the board, assign yourself a nickname for us to use on the board! Top points earners could win a prize!

Prizes Available:

Six 60-Minute Massage, Personal Training or Private Pilates Sessions

Six 30-Minute Personal Training or Private Pilates Sessions (can be combined for three 60 minute massages)

or

Two Free Months of Membership

Participants Earn Points by Engaging in the Following Activities:

Participants are allowed to redeem points for a maximum of two items from Columns A and B, two items from Column C and as many as they like from Column D in order to earn Points! A Maximum of 120 points will be allowed per day! Over exercising is discouraged, healthy living is encouraged.

Column A	Column B	Column C	Column D
Personal Training – 20 pts.	Yoga/Tai Chi/Pilates Mat or Bodyflow Class - 10 pts.	Activities in Daily Living: (10 pts. per 30 min of Activity)	Massage or Facial - 20 pts.
Group Personal Training – 15 pts.			Workshop Classes - 20 pts.
Group Exercise Class – 10 pts.	Group Pilates Reformer Class - 15 pts.	Exp. Walking Gardening House Cleaning Walking the Dog	Keep weekly hydration log - 10 pts. per week
Weight Training/Cardio in the Main Gym 45min – 10 pts.	Private Pilates Class - 15 pts.		Keep weekly nutrition log - 10 pts. per week
			Bring a friend to class or gym - 25 pts.
			Referring friend or family member that joins the gym - 50 pts.