

FALL in love with Fitness CHALLENGE

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</p> <p>Cardio 30 minutes of continuous aerobic activity Strength 30 minutes of weight-bearing activity Flexibility 15 minutes of continuous stretching</p> <p>Number of minutes to be able to check the box: 30 minutes, or three 10-minute sessions</p>						
3	4 Week 1 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	5 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	6 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	7 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	8 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	9 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility
10 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	11 Week 2 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	12 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	13 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	14 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	15 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	16 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility
17 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	18 Week 3 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	19 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	20 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	21 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	22 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	23 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility
24 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	25 Week 4 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	26 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	27 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	28 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	29 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	30 <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility
1 October <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility	2	<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>				

