Holiday Fitness Challenge

NAME: _____
(Please Print)

CHALLENGE ACTIVITIES	POINTS
At the Club	
Weigh-In (optional)	5
Maintain weight (3lb swing allowed)	5
Lose weight (must participate in Final Weigh-In)	20
Park in upper parking lot	2
Check into Club (one per day)	5
Attend any Group Exercise class	12
Attend a Group Exercise class you've never tried before	20
Attend a Swim Tip Tuesday	15
Cardio (machines, walk/run on track, lap swimming)	
Increments of 10 minutes	2
Resistance training	
Increments of 10 minutes	2
Racquetball/Handball	
Singles (one hour)	12
Doubles (one hour)	6

CHALLENGE ACTIVITIES	POINTS
Tennis	
Singles match	12
Doubles match	6
Lesson (per half hour)	8
Stretching 10 minutes	2
Massage session	10
Personal training session	
Per half hour	8
1 hour PT class (Boot Camp, Burn 30/30)	16
Physical therapy session	16
Away from the Club	
Any cardio (run, bike, walk, etc.)	
Increments of 10 minutes	2
Push-Ups (50)	2
Ab crunches (50)	2
Any sanctioned 5k Run/Walk	15
Any sanctioned 10k Run/Walk	25
Any sanctioned marathon	50

You may only score points for one line item at a time (e.g. If you take a bike class, you earn 12 points for attending a Group Exercise class but not 12 more for an hour of cardio.) Santa's watching; no cheating.

DATE	CHALLENGE ACTIVITIES COMPLETED	POINTS EARNED	TOTAL POINT COUNT

Return your completed Log Sheets to the Log Book by January 6 at 10:00 pm.

DATE	CHALLENGE ACTIVITIES COMPLETED	POINTS EARNED	TOTAL POINT COUNT