



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW YEAR NEW YOU

Fitness Challenge 2018
January 8th - March 4th



NEW YEAR NEW YOU

Two month challenge begins on Monday, January 8th and will end on March 4th
Commit to a level – challenge yourself to a better you!

- Level I Casual: 150 minutes per week at the end of the month 1200 minutes
- Level II Advanced: 300 minutes per week at the end of the month 2400 minutes
- Level III Ultimate: 600 minutes per week at the end of the month 4800 minutes

Exercise Options:

Swimming or row machine
Run, walk, stride or climb, outdoors or inside
Bike or cycling
CrossFit or TRX
Group exercise classes – land or water
Weight training
Play a sport (basketball, racquetball, etc.)

How to log your minutes:

Tracking cards will be located in the Wellness Center

BONUS minutes/points

Complete an ActivTrax workout (can add 20 minutes each workout). Not on ActivTrax? Sign up in the Wellness Center. MAX: 60 minutes a week. Enter nutrition on ActivTrax (can add an extra 20 minutes to your total) Ask a Fitness Coach for assistance if needed

Prizes will be rewarded to ONE individual in each category

New Year New You New Y Fitness Challenge January 8th - March 4th

Level: I _____ Level: II _____ Level: III _____

Name _____

Phone _____ Email _____