

Seven Week Physical Activity Challenge

7 Opportunities

To WIN

AMAZING PRIZES!



Track your Physical Activity on the tracking sheets provided and **turn into HR every Monday,** starting April 4th through May 16th.

There will be a **WEEKLY WINNER!**

1. Start tracking your Physical Activity March 28th.
2. Turn in your tracking sheet weekly to the HR Office.
3. All tracking sheets will be placed in a drawing for the prizes below and a winner will announced on Tuesdays.

1st Week Prize – Campus Fitness Center Membership (or renewal)

2nd Week Prize – Towel & Water Bottle

3rd Week Prize – Sports Headphones

4th Week Prize – Gaiam Yoga Kit

5th Week Prize – Zumba Fitness DVD Set

6th Week Prize – FitBit Zip

7th Week Prize – \$100 Gift Card to Massage Envy

Week TWO

Name: _____

DAY	ACTIVITY	TIME/#STEPS	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL			

Week ONE

Name: _____

DAY	ACTIVITY	TIME/#STEPS	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL			

Week FOUR

Name: _____

DAY	ACTIVITY	TIME/#STEPS	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL			

Week THREE

Name: _____

DAY	ACTIVITY	TIME/#STEPS	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL			

Week SIX

Name: _____

DAY	ACTIVITY	TIME/#STEPS	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL			

Week FIVE

Name: _____

DAY	ACTIVITY	TIME/#STEPS	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL			

Week SEVEN

Name: _____

DAY	ACTIVITY	TIME/#STEPS	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL			