

MENTOR SCHOOLS WELLNESS CHALLENGE

SEPTEMBER 2017 "GET BACK TO EXERCISE"

Name: _____

School: _____

Reward yourself for getting active and moving. Start small and exercise at least 30 minutes each day. Try to work up to at least an hour or more a day to maximize your overall strength as part of your fitness plan for healthy living. Exercise requires nothing more than the desire to get moving. All exercise counts but you need to walk, run, do yoga, lift weights, whatever exercise you are capable of doing that benefits your health counts. Total up the points at the end of the month for a chance at a wonderful gift card.

1 PT IS EQUAL TO 30 MINUTES OF EXERCISE. PLEASE REMEMBER TO ENTER YOUR TOTAL NUMBER OF POINTS FOR EACH DAY
Please list whether you are a STUDENT or a STAFF member.

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	30

TOTAL POINTS _____

ALL ENTRIES MUST BE RETURNED TO THE SERVICE BUILDING – NUTRITION SERVICES NO LATER THAN OCTOBER 4TH