

FEBRUARY RE-RESOLUTION CHALLENGE

Name: _____

Your resolution: _____

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Length of Workout:	Length of Workout:	Length of Workout:	Length of Workout:	Length of Workout:	Length of Workout:	Length of Workout:
	Type of Workout:	Type of Workout:	Type of Workout:	Type of Workout:	Type of Workout:	Type of Workout:	Type of Workout:
	Staff initials:	Staff initials:	Staff initials:	Staff initials:	Staff initials:	Staff initials:	Staff initials:
2	Veggies:	Veggies:	Veggies:	Veggies:	Veggies:	Veggies:	Veggies:
	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
	4	4	4	4	4	4	4
	5	5	5	5	5	5	5
	Water ounces:	Water ounces:	Water ounces:	Water ounces:	Water ounces:	Water ounces:	Water ounces:
	Am	Am	Am	Am	Am	Am	Am
	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
	Evening	Evening	Evening	Evening	Evening	Evening	Evening

Rules of participation:

- Workout in the club 3 times every week in February.
- Workout sheets must be turned in by the following Tuesday.

You will be entered into a weekly drawing for 1 of 3 prizes:

- 1 Month of free membership dues
- 1 hour indulgence massage
- 1 hour personal training

Weekly Challenge:

Week 1 Nutrition Challenge:
 Five servings of veggies per day
 Drink half your weight in ounces of water