Fall Into Fitness

- Begins August 7 and ends September 23 (will last 7 weeks, but only need 6 weeks of activity to get your 60 points)
- The goal is 150 minutes of exercise per week. (DO NOT include your normal daily activity!)
  - If you reach that goal, you'll receive 10 points each week!
- Change up your physical activity…try some strength training, cycling, yoga, or go for a swim!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Minutes
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								