

FIT with

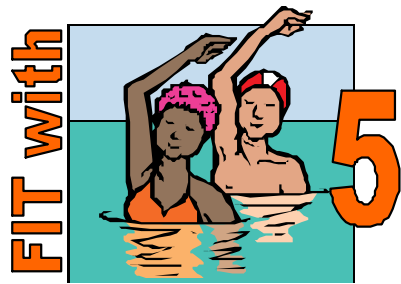


Aim for 30 minutes of exercise
5 days a week!

Contact: "Insert Contact Information" to register and receive your score sheet.

Return completed score sheets by
"Insert Submission Deadline" .

"Insert Incentive or Prize Information"



Name: _____

Phone/email: _____

		Mon		Tues		Wed		Thurs		Fri		Sat		Sun		Total Points
		Min	Pts	Min	Pts	Min	Pts	Min	Pts	Min	Pts	Min	Pts	Min	Pts	
Moderate Intensity Activities	WEEK 1															
	WEEK 2															
	WEEK 3															
	WEEK 4															
	WEEK 5															
	WEEK 6															
	WEEK 7															
Vigorous Intensity Activities	WEEK 8															
	WEEK 9															
	WEEK 10															

- *Walking (3-4.5 mph)
- *Bicycling (5-9 mph)
- *Light Calisthenics
- *Yoga
- *Dance
- *Leisure Skate
- *Softball
- *Doubles Tennis
- *Golf (walking)

- *Jog (>5mph)
- *Aerobics
- *Competitive Sports

Every 10 minutes of Physical Activity = 1 Point

Total Points

STAIR WELL

Challenge

Simply Step
to A
Healthier
You!

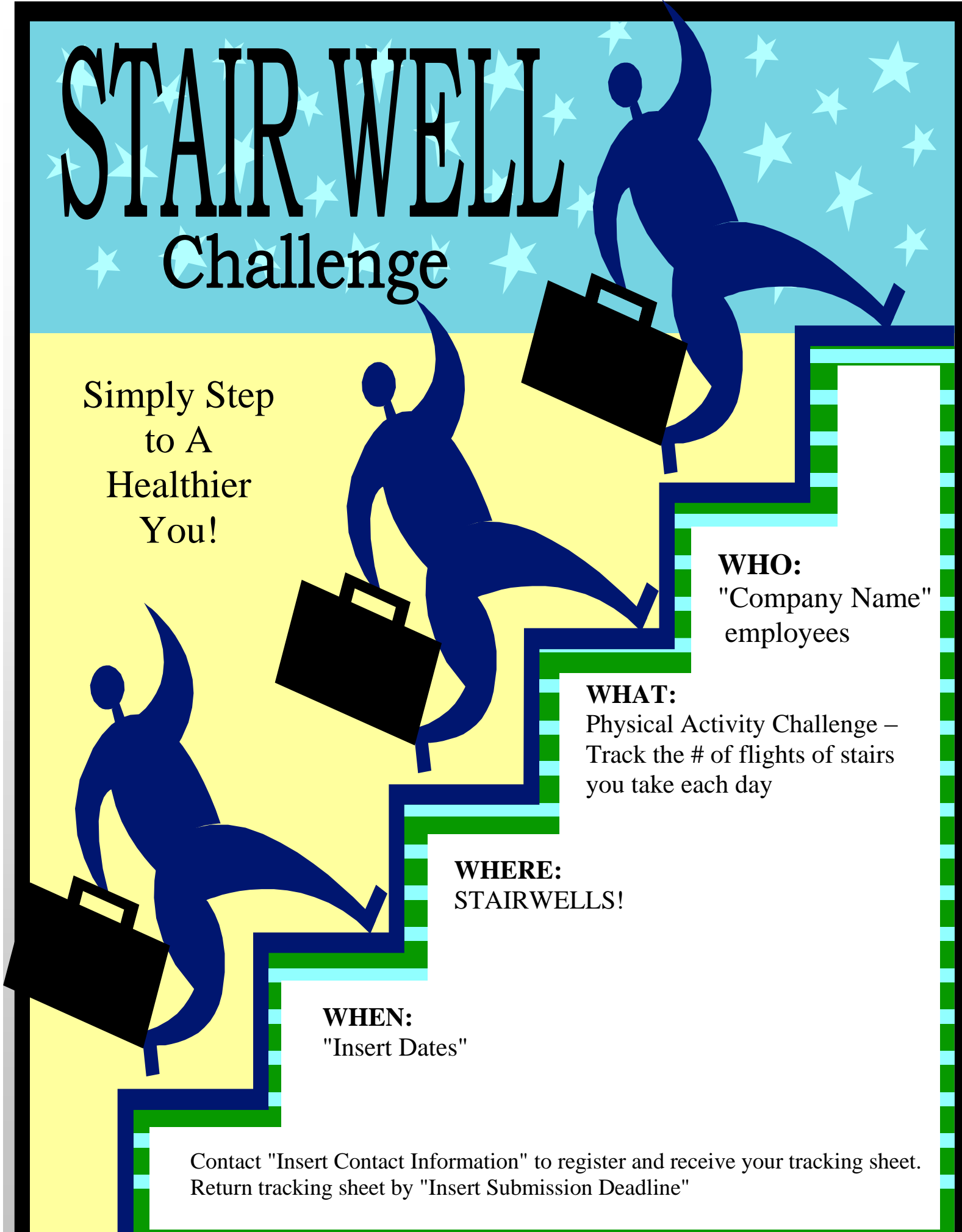
WHO:
"Company Name"
employees

WHAT:
Physical Activity Challenge –
Track the # of flights of stairs
you take each day

WHERE:
STAIRWELLS!

WHEN:
"Insert Dates"

Contact "Insert Contact Information" to register and receive your tracking sheet.
Return tracking sheet by "Insert Submission Deadline"



STAIR WELL CHALLENGE



Record # of flights
you take each day
(both up and down)

Example:
1st Floor to 5th Floor
= 4 Flights

Name: _____

Phone/Email: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

Total Flights