

FIT FEBRUARY

Who said you could only set fitness goals on January 1st?
Keep on keepin' on by completing the Fit February challenges!

Challenge 1: Strive for 10,000 steps each day.

WEEK 1	2	<input type="checkbox"/>
	3	<input type="checkbox"/>
	4	<input type="checkbox"/>
	5	<input type="checkbox"/>
	6	<input type="checkbox"/>
	7	<input type="checkbox"/>
	8	<input type="checkbox"/>

Challenge 2: Stretch each day for 10 minutes.

WEEK 2	9	<input type="checkbox"/>
	10	<input type="checkbox"/>
	11	<input type="checkbox"/>
	12	<input type="checkbox"/>
	13	<input type="checkbox"/>
	14	<input type="checkbox"/>
	15	<input type="checkbox"/>

Challenge 3: Strength train 3 times this week.

WEEK 3	16	<input type="checkbox"/>
	17	<input type="checkbox"/>
	18	<input type="checkbox"/>
	19	<input type="checkbox"/>
	20	<input type="checkbox"/>
	21	<input type="checkbox"/>
	22	<input type="checkbox"/>

Challenge 4: Exercise with a friend, family member, or pet twice this week.

WEEK 4	23	<input type="checkbox"/>
	24	<input type="checkbox"/>
	25	<input type="checkbox"/>
	26	<input type="checkbox"/>
	27	<input type="checkbox"/>
	28	<input type="checkbox"/>
	29	<input type="checkbox"/>

Make the extra day count!

Hooray for the extra day! Make the most of it by exercising for 30 minutes.



EMPLOYEE & FAMILY RESOURCES WELLNESS

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