

“SPRING” is HERE!

LIVE NOW, DON'T WAIT

Weekend Challenge March 23-26 - Friday - Monday

Spring is here! - let's get in shape!

S = Sweat - Do at least 30 minutes of Cardio exercise each day. (max 10 points/day)

P = Pump - Strength training - 1 point for every 10 reps completed (your choice). Alternate upper, lower and core exercises so you rest a day in between. (max 10 points = 100 reps/day)

R = Rest - 10 points for every day you get between 6-9 hours of sleep. (max 10 points/day)

I = Inspire - Tell someone on your team how they inspire you (max 10 points/day)

N = Nutrition - 10 points for every day you stay within calorie range (max 10 points/day)

G = Goals - Set a personal goal for the weekend. Ten points for every day you meet that goal. (max 10 points/day)

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## SPRING Challenge Tracking Template

|           | FRIDAY  | SATURDAY | SUNDAY  | MONDAY  | TOTAL    |
|-----------|---------|----------|---------|---------|----------|
| SWEAT     | ____/10 | ____/10  | ____/10 | ____/10 | ____/40  |
| PUMP      | ____/10 | ____/10  | ____/10 | ____/10 | ____/40  |
| REST      | ____/10 | ____/10  | ____/10 | ____/10 | ____/40  |
| INSPIRE   | ____/10 | ____/10  | ____/10 | ____/10 | ____/40  |
| NUTRITION | ____/10 | ____/10  | ____/10 | ____/10 | ____/40  |
| GOALS     | ____/10 | ____/10  | ____/10 | ____/10 | ____/40  |
| TOTAL     |         |          |         |         | ____ 240 |