BREAK WEEK 1 - GO CHALLENGE

Friday, August 14 through Tuesday, August 17

Let's see just how far YOU will GO to get it done...even on a BLC BREAK!

G - Get in as many fitness minutes as you can. We challenge the team to get 700 fitness minutes between Friday - Tuesday! How many minutes can you pledge to meet goal?? Set a goal and then beat it! Your fitness minutes will be also your points!

O - Other ... Pick one thing that will be hard for you this weekend....post in your chat thread and tell your teammates why.....then accomplish it! (10 points)

Challenge will run Friday - Monday

	Friday	Saturday	Sunday	Monday	Tuesday	Total
G - Fitness Minutes						
O - Your Choice	/10	/10	/10	/10	/10	/10
TOTAL						

TOTAL =_____