



MARCH 4-31

CHALLENGE YOURSELF TO EAT HEALTHIER AND TRY SOMETHING NEW WITH YOUR WORKOUT FOR THE NEXT FOUR WEEKS AND WIN A PRIZE!



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

COOPER
QUEST!
STEPS FOR A COOPERIZED LIFE

SPRING INTO GREEN CHALLENGE | MARCH 4-31

- 1) EARN 21 POINTS (ONE POINT FOR EACH DAY YOU COMPLETE A CHALLENGE)
- 2) CHECK IN TO THE FACILITY THREE TIMES EACH WEEK
- 3) WIN A PRIZE!

WEEK 1 | FOLLOW THE PLATE METHOD

FILL HALF OF YOUR PLATE WITH FRUIT OR VEGETABLES FOR YOUR BIGGEST MEAL OF THE DAY.

4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>
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WEEK 2 | SPRING OUTSIDE

MOVE YOUR WORKOUT OUTDOORS. INCREASE YOUR HEART RATE WITH AT LEAST 10 MINUTES OF EXERCISE OUTSIDE.

11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>
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WEEK 3 | GO GREEN WITHOUT SCREENS

DURING MEALS UNPLUG FROM TECHNOLOGY. TURN OFF THE TV, COMPUTER, TABLET AND PHONE.

18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>
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WEEK 4 | ADD FRESHNESS TO YOUR FITNESS

ENHANCE YOUR WORKOUT WITH SOMETHING NEW—A DIFFERENT PIECE OF EQUIPMENT, A NEW GROUP CLASS AND UTILIZING FITNESS TECHNOLOGY SUCH AS HEART-RATE TRACKING ARE A FEW IDEAS.

25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>
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WEEK 1: _____ total days WEEK 3: _____ total days

WEEK 2: _____ total days WEEK 4: _____ total days

CHALLENGE TOTAL: _____ total days

NAME _____

EMAIL _____

Please return completed tracking log to the Service Desk by April 6, 2018.

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