



WORK OUT *YOUR* WAY

July 6-August 2

We're keeping it simple this summer! What's your favorite way to exercise? Do you prefer running over lifting weights or swimming more than group exercise classes and virtual training? The great news is any way works! Log at least 21 days of exercise and you'll earn 100 My Cooper Rewards points.



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

COOPER
QUEST
STEPS FOR A COOPERIZED LIFE

WORK OUT YOUR WAY

Each day you exercise, write in the workout name or type of exercise in the calendar below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
<input type="checkbox"/> JULY 6 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 7 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 8 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 9 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 10 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 11 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 12 <hr/> <hr/> WORKOUT	<hr/> DAYS
<input type="checkbox"/> 13 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 14 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 15 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 16 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 17 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 18 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 19 <hr/> <hr/> WORKOUT	<hr/> DAYS
<input type="checkbox"/> 20 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 21 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 22 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 23 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 24 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 25 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 26 <hr/> <hr/> WORKOUT	<hr/> DAYS
<input type="checkbox"/> 27 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 28 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 29 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 30 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 31 <hr/> <hr/> WORKOUT	<input type="checkbox"/> AUG 1 <hr/> <hr/> WORKOUT	<input type="checkbox"/> 2 <hr/> <hr/> WORKOUT	<hr/> DAYS

GRAND TOTAL

Turn in your tracking form to Jessica Lu, Wellness Manager, by Friday, August 7, with at least 21 days completed and you'll earn 100 My Cooper Rewards points.

NAME _____

EMAIL _____

