

COOPERATHON

OCTOBER 1-31

Reach a new milestone in your Cooper Quest journey with our Cooperthon challenge:

- Achieve 1,010 minutes of exercise or 2,020 MEPs
AND
- Complete at least 4 of the additional activities

EXERCISE GOAL:

- 1,010 minutes of exercise (logged on the reverse side) or 2,020 Myzone® MEPs

ADDITIONAL ACTIVITIES:

- Check in at least twice per week**
Participate in the October Cooper Quest activities:
 - Schedule a chair massage
 - Complete the Pedicure Quiz
 - Take the Golf Fitness class
 - Read the Nutrition Bites Corner article (<https://bit.ly/30-Minute-Meals>)
- Complete one Workout of the Week**
- Sign up for the next Cooper Quest assessment week, November 15-19**
- Take a photo at the "More Than An Athlete" wall and post and tag us on Instagram: @cooperaerobics and @cooperfitnesscenterandspa**

COOPERFITNESSCENTER.COM/COOPERQUEST

Turn in your completed exercise log to the Service Desk by November 5, 2021.

COOPER
QUEST[®]
STEPS FOR A COOPERIZED LIFE

COOPERATHON

NAME: _____ EMAIL: _____

DATE	ACTIVITY/EXERCISE	MINUTES TODAY TOTAL	
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
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21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			

TOTAL

Turn in your completed exercise log by November 5, 2021.