

COOPER QUEST

STEPS FOR A COOPERIZED LIFE

- WORKOUT REQUIREMENT** Earn at least 2,020 MEPs or exercise 1,010 minutes.
- ROOT FOR YOUR TEAM** Give words of encouragement in person or by commenting on someone's Myzone® workout.
- EAT YOUR WHEATIES™** Write your healthy breakfast here. _____
- STANDING ROOM ONLY** At work use your stand-up desk or have a stand-up meeting.
- SUNDAYS ARE GAME DAYS** Take a 20-minute walk outside on Sunday.
- GO THE EXTRA MILE** Park in the furthest parking spot from your destination.
- BE A UTILITY PLAYER** Try a new strength training machine or weight-bearing exercise.

- STRIKE OUT THE SIDE** Incorporate a fruit and vegetable into your side dish.
- DON'T STRIKE OUT WITH YOUR WORKOUTS** Exercise for at least 30 minutes 5 times this week.

- SUBMIT YOUR LINEUP** Choose 3 warm-up exercises and write them here.

	BALL	0	STRIKE	2	OUT	1			
		1	2	3	4	5	6	7	R
GUEST		1	2	0	0	1	0		4
HOME		1	0	2	0	2			5

- KEEP YOUR MUSCLES WARM** Warm up for at least 10 minutes prior to your scheduled workout.
- PLAY WITH HEART** Check your heart rate while resting, during and after exercise.
RESTING _____ DURING _____ AFTER _____
- PINCH RUNNER** Try something new or different for your cardio workout.
- RETIRE EARLY** Go to bed an hour early.

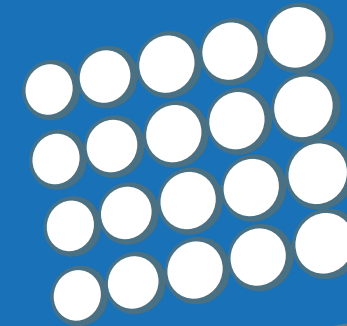
- FIRST PITCH IS AT 7:05** Start your weekend with an early morning workout before 7:05 a.m.

- SOLO HOME RUN** Complete 40 minutes of cardio on your own.

- STEAL SECOND** Add an additional fruit or vegetable serving to your meal.

- STOLEN BASE** Take an extra lap around the track.

- HOME PLATE** Cook a healthy homemade dinner. What did you cook?



- BUY ME SOME PEANUTS AND APPLE SNACKS** Incorporate some healthy peanuts and apples into your snacks today.
- [DON'T] BATTER UP** Switch a sweet pastry for a fruit.
- RED SOX OR WHITE SOX** Switch out red meat for white meat.
- CLIMB THE WALL TO MAKE THE CATCH** Complete 20 floors on the Stairmaster.
- GO 3 FOR 3 ON THE DAY** Eat 3 servings of fruit.

- COOL OFF AFTER THE GAME** Take a dip in the pool.
- PITCH COUNT** Record the calories of all meals today.
BREAKFAST _____
LUNCH _____
SNACK _____
DINNER _____

- SWITCH HITTING** Switch a calorie heavy beverage for water.

- TAKE ONE [WITH] THE TEAM** Attend a group exercise or SGT class.

- RECORD YOUR STATS** Record your meals and workout for the day.
BREAKFAST _____
LUNCH _____
SNACK _____
DINNER _____
WORKOUT _____

- EXTRA INNINGS** Extend your scheduled workout 10 minutes at least twice.

- THE STRETCH** Take a yoga class this week.

- CLEAR THE BASES** Don't eat anything at least an hour before going to bed.

- 7TH INNING STRETCH** Spend an additional 10 minutes stretching.

- REST UP** Sleep for at least 8 hours on Sunday to begin your week on the right foot.