

50 COOPERTHON



2020 IS A SPECIAL YEAR AT COOPER AEROBICS
AS WE CELEBRATE OUR **50TH ANNIVERSARY**.

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 4 out of 5 additional activities

[COOPERFITNESSCENTER.COM/COOPERQUEST](https://cooperfitnesscenter.com/cooperquest)

COOPER
QUEST[®]
STEPS FOR A COOPERIZED LIFE



NAME: _____

EMAIL: _____

EXERCISE GOAL:

- 1,010 minutes of exercise or 2,020 Myzone® MEPs

Turn in your exercise log to Jessica Lu, jlu@cooperfitnesscenter.com, by November 6, 2020.

ADDITIONAL ACTIVITIES:

- Check in at least twice per week
- Participate in one Cooper Quest event
- Complete one Workout of the Week
- Sign up for the next Cooper Quest assessment week, November 9-13
- Follow us on Instagram: @cooperaerobics and @cooperfitnesscenterandspa

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
				<input type="checkbox"/> CHECK-IN 1 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 2 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 3 EXERCISE: _____ MINUTES: _____	_____ CHECK-INS _____ MINUTES
<input type="checkbox"/> CHECK-IN 4 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 5 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 6 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 7 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 8 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 9 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 10 EXERCISE: _____ MINUTES: _____	_____ CHECK-INS _____ MINUTES
<input type="checkbox"/> CHECK-IN 11 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 12 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 13 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 14 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 15 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 16 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 17 EXERCISE: _____ MINUTES: _____	_____ CHECK-INS _____ MINUTES
<input type="checkbox"/> CHECK-IN 18 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 19 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 20 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 21 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 22 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 23 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 24 EXERCISE: _____ MINUTES: _____	_____ CHECK-INS _____ MINUTES
<input type="checkbox"/> CHECK-IN 25 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 26 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 27 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 28 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 29 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 30 EXERCISE: _____ MINUTES: _____	<input type="checkbox"/> CHECK-IN 31 EXERCISE: _____ MINUTES: _____	_____ CHECK-INS _____ MINUTES