

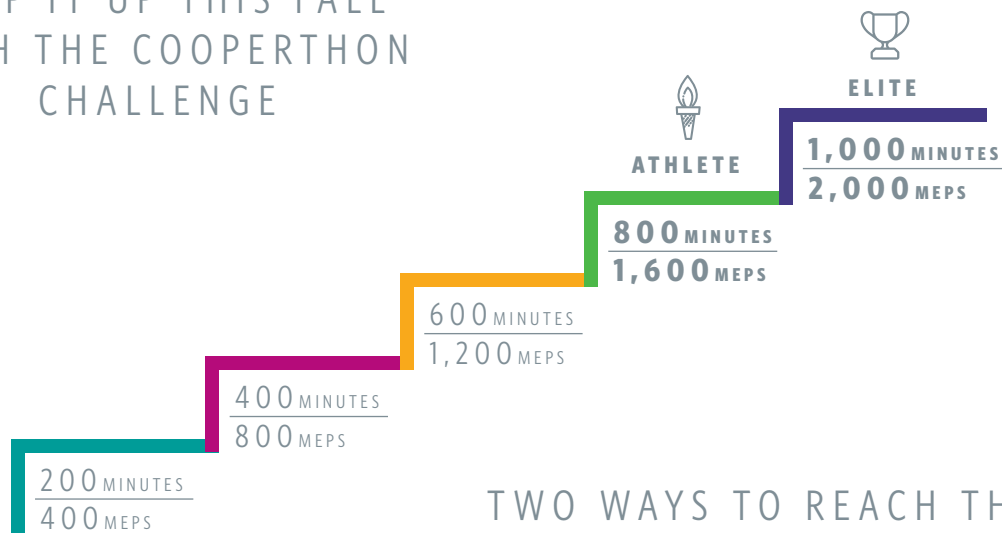


# COOPERTHON



OCTOBER 1-31

STEP IT UP THIS FALL  
WITH THE COOPERTHON  
CHALLENGE



TWO WAYS TO REACH THE TOP  
AND BE AWARDED ATHLETE  
OR ELITE STATUS.

- 1) LOG YOUR EXERCISE MINUTES ON THIS TRACKING FORM.
- 2) USE YOUR MYZONE® HEART RATE MONITOR AND APP TO EARN THE MYZONE EFFORT POINTS (MEPS).

[COOPERFITNESSCENTER.COM/COOPERQUEST](http://COOPERFITNESSCENTER.COM/COOPERQUEST)










# COOPERTHON

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

JACKET SIZE: \_\_\_\_\_

Turn in your exercise log in the lobby by November 8, 2019.

	DATE	ACTIVITY/EXERCISE	MINUTES TODAY   TOTAL	
<b>CARDIOVASCULAR FITNESS</b> Strengthen your heart so it can do more with less effort thanks to improved cardiovascular health.  	1			
	2			
	3			
	4			
	5			
	6			
<b>BLOOD WORK</b> Improve your cholesterol profile by performing aerobic activity at least 30-40 minutes, 3-4 days per week.  	7			
	8			
	9			
	10			
	11			
	12			
<b>BODY COMPOSITION</b> Decrease body fat while increasing muscle mass with a combined routine of aerobic (cardio) and anaerobic (strength training).  	13			
	14			
	15			
	16			
	17			
	18			
<b>FUNCTIONAL FITNESS</b> Incorporate stretching and strengthening into your exercise program to maintain flexibility, stability, mobility and balance.  	19			
	20			
	21			
	22			
	23			
	24			
<b>WELL-BEING</b> Reflect on where your health habits are today to get a good overview of how your daily lifestyle choices affect your total well-being.  	25			
	26			
	27			
	28			
	29			
	30			
	31			
		<b>TOTAL</b>		