

FITNESS GOALS

NUTRITION GOALS

Be mindful! Answer the following questions about your
current healthy habits.
FREQUENCY: How often do you exercise?
□ 0-2 days per week
☐ 3-4 days per week
☐ 5+ days per week
INTENSITY: How hard are your workouts?
☐ Low Intensity
☐ Moderate Intensity
☐ High Intensity
TIME: How much time do you spend exercising?
☐ Less than 30 minutes per week
☐ 30-120 minutes per week
☐ 120+ minutes per week
Goal setting! Set some realistic goals for you to work
toward over the holiday season.
FREQUENCY: How often will you exercise?
□ 0-2 days per week
☐ 3-4 days per week
☐ 5+ days per week
INTENSITY: How hard will your workouts be?
☐ Low Intensity
☐ Moderate Intensity
☐ High Intensity
TIME: How much time will you spend exercising?
☐ Less than 30 minutes per week
☐ 30-120 minutes per week
□ 120+ minutes per week
Track your goals! Join the challenge on Myzone and kee
track of your goals in this booklet. Return this booklet by
January 11, 2019, to earn a prize.

STEP 1 Be mindful! A current health		ing questions about your
		ngs do you eat per day?
□ 0-2	□ 3-4	□ 5+
	ten are you mind	ful of your meal and
snack portions?		
		time \square Most of the time
	sweets, where d	oes most of your sugar
come from?		
☐ Beverages	(sodas, sweet te	a, alcohol)
☐ Baked Goo	ods (cookies, cake	es, pies)
☐ Candy (at	the office or arou	ind the house)
HYDRATION: How	many 8 oz. glass	es of water do you drink
per day?		-
□ 0-3	4-7	□ 8+
STEP 2 Goal setting!	! Set some realisti	c goals for you to work
_	Set some realisti he holiday seasor	c goals for you to work n.
toward over t	he holiday seasor	٦.
toward over t	he holiday seasor	
toward over toward	the holiday seasor How many servir 3-4	n. ngs will you eat per day? □ 5+
toward over toward	the holiday seasor How many servir 3-4	ngs will you eat per day?
toward over toward over toward over toward over toward over to provide the second over toward over tow	the holiday seasor How many servir 3-4 Iten will you wato	n. ngs will you eat per day? □ 5+ th your portions for meals
toward over toward over toward over toward over toward over to provide the second over toward over tow	the holiday seasor How many servin 3-4 iten will you wato	n. ngs will you eat per day? 5+ th your portions for meals time
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toward over to FRUITS/VEGGIES: □ 0-2 PORTIONS: How of and snacks? □ Not at all SWEETS: What, if a of during the holida □ Beverages	the holiday season How many servin 3-4 Iten will you wate Some of the same and area will you sy season? some sy season?	ngs will you eat per day? 5+ th your portions for meals time Most of the time cut back on or be mindfu
toward over to FRUITS/VEGGIES: □ 0-2 PORTIONS: How of and snacks? □ Not at all SWEETS: What, if a of during the holidate of Beverages of Baked Good	the holiday season How many servin 3-4 Iten will you wate Some of the same area will you ay season? (sodas, sweet teached sods (cookies, cake	ngs will you eat per day? 5+ th your portions for meals time Most of the time cut back on or be mindfu a, alcohol) es, pies)
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Track your goals! Join the challenge on Myzone and keep track of your goals in this booklet. Return this booklet by January 11, 2019, to earn a prize.

Track your go		track of your fitne exercise is tracked in th	
FREQUENCY: How M T 0-2 days p 3-4 days p	□ W □ per week per week	you exercise this v ∃TH □F □ S	_
INTENSITY: How in Monday: Tuesday: Wednesday: Thursday: Friday: Saturday:	☐ Low ☐ Low ☐ Low ☐ Low ☐ Low	☐ Moderate ☐ Moderate ☐ Moderate ☐ Moderate	☐ High
TIME: How many m Less than 30-120 m 120+ minu	30 minute inutes this	es this week week	

IEP3			ik of your nutriti	
FRUIT	TS/VEGGIES:	How many sei	vings did you e	eat per day?
	Monday:	□ 0-2	□ 3-4	□ 5+
	Tuesday:	□ 0-2	□ 3-4	□ 5+
	Wednesday:	□ 0-2	□ 3-4	□ 5+
	Thursday:	□ 0-2	□ 3-4	□ 5+
	Friday:	□ 0-2	□ 3-4	□ 5+
	Saturday:	□ 0-2	□ 3-4	□ 5+
PORT	IONS: How of	ten were you	mindful of your	meal and
	portions?			
	Monday:	■ Not at all	□ Sometimes	☐ Most times
	Tuesday:	■ Not at all	☐ Sometimes	☐ Most times
	Wednesday:	□ Not at all	☐ Sometimes	☐ Most times
	Thursday:	■ Not at all	☐ Sometimes	☐ Most times
	Friday:	■ Not at all	☐ Sometimes	☐ Most times
	Saturday:	□ Not at all	☐ Sometimes	☐ Most times
SWEE	ETS: How many	y sweets did y	ou consume th	is week?
	Beverage	es (sodas, swe	et tea, alcohol)	
	Baked Go	oods (cookies,	cakes, pies)	
	Candy (a	at the office or	around the hou	se)
HYDF	RATION: How	many 8 oz. gla	asses of water o	did you drink
per da	ay?			
	Monday:	□ 0-3	□ 4-7	□ 8+
	Tuesday:	□ 0-3	4-7	□ 8+
	Wednesday:	□ 0-3	4-7	□ 8+
	Thursday:	□ 0-3	4-7	□ 8+
	Friday:	□ 0-3	4-7	□ 8+

4-7

□8+

Saturday: □ 0-3

per day?

Sunday:

Monday:

Tuesday:

Thursday:

Friday:

Saturday:

Wednesday: □ 0-3

HYDRATION: How many 8 oz. glasses of water did you drink

4-7

4-7

4-7

4-7

4-7

4-7

4-7

□ 0-3

□ 0-3

□ 0-3

□ 0-3

□ 0-3

□ 0-3

□8+

□ 8+

□8+

□8+

□ 8+

□ 8+

□ 8+

			rack of your fitne xercise is tracked in th		STEP 3			ck of your nutrit cise is tracked in the	
FREQUE	NCY: How o	often did yo	ou exercise this v	veek?	FRUI	TS/VEGGIES:	How many se	rvings did you	eat per day?
	S \square M		N DTH D	F 🗆 S		Sunday:	□ 0-2	□ 3-4	□ 5+
	□ 0-2 days p	er week				Monday:	□ 0-2	□ 3-4	□ 5+
	3 -4 days p					Tuesday:	□ 0-2	□ 3-4	□ 5+
	3 5+ days pe	er week				Wednesday:	□ 0-2	□ 3-4	□ 5+
						Thursday:	□ 0-2	□ 3-4	□ 5+
INTENS	ITY: How in	tense were	e your workouts?			Friday:	□ 0-2	□ 3-4	□ 5+
S	Sunday:	□ Low	☐ Moderate	□ High		Saturday:	□ 0-2	□ 3-4	□ 5+
\wedge	Лonday:	□ Low	■ Moderate	☐ High					
Т	uesday:	□ Low	■ Moderate	☐ High	POR	TIONS: How of	ten were you	mindful of you	meal and
V	Vednesday:	☐ Low	■ Moderate	☐ High	snac	k portions?			
Т	hursday:	□ Low	■ Moderate	☐ High		Sunday:	☐ Not at all	□ Sometimes	■ Most times
F	riday:	□ Low	■ Moderate	☐ High		Monday:	■ Not at all	□ Sometimes	■ Most times
S	Saturday:	☐ Low	■ Moderate	☐ High		Tuesday:	■ Not at all	□ Sometimes	■ Most times
						Wednesday:	■ Not at all	□ Sometimes	■ Most times
TIME: H	low many mi	inutes did	you exercise?			Thursday:	☐ Not at all	□ Sometimes	■ Most times
	Less than 3	30 minutes	this week			Friday:	■ Not at all	□ Sometimes	■ Most times
	3 0-120 mi	nutes this v	week			Saturday:	■ Not at all	□ Sometimes	■ Most times
	□ 120+ minu	ites this we	eek						
					SWE	ETS: How man	y sweets did y	ou consume th	is week?
						Beverage	es (sodas, swe	et tea, alcohol)	
						Baked G	oods (cookies	, cakes, pies)	
						Candy (at the office or	around the hou	ıse)

		track of your fitne exercise is tracked in the		STEP 3			ck of your nutriti	
FREQUENCY: H	ow often did y	ou exercise this	week?	FRUIT	TS/VEGGIES:	How many se	rvings did you e	eat per day
□S □N	A DT D	W DTH D	F □S		Sunday:	□ 0-2	□ 3-4	□ 5+
□ 0-2 da	ays per week				Monday:	□ 0-2	□ 3-4	□ 5+
□ 3-4 da	ays per week				Tuesday:	□ 0-2	□ 3-4	□ 5+
□ 5+ day	ys per week				Wednesday:	□ 0-2	□ 3-4	□ 5+
					Thursday:	□ 0-2	□ 3-4	□ 5+
INTENSITY: Ho	w intense we	re your workouts	?		Friday:	□ 0-2	□ 3-4	□ 5+
Sunday:	☐ Low	■ Moderate	☐ High		Saturday:	□ 0-2	□ 3-4	□ 5+
Monday:	☐ Low	■ Moderate	☐ High					
Tuesday:	☐ Low	■ Moderate	☐ High	PORT	TONS: How of	ten were you	mindful of your	meal and
Wedneso	day: 🗖 Low	■ Moderate	☐ High	snack	portions?			
Thursday	/: □ Low	■ Moderate	☐ High		Sunday:	■ Not at all	■ Sometimes	☐ Most t
Friday:	☐ Low	■ Moderate	☐ High		Monday:	☐ Not at all	□ Sometimes	☐ Most t
Saturday	: Low	■ Moderate	☐ High		Tuesday:	■ Not at all	■ Sometimes	☐ Most t
					Wednesday:	■ Not at all	■ Sometimes	☐ Most t
TIME: How man	y minutes did	l you exercise?			Thursday:	■ Not at all	■ Sometimes	☐ Most t
☐ Less th	han 30 minute	s this week			Friday:	☐ Not at all	□ Sometimes	☐ Most t
□ 30-120	O minutes this	week			Saturday:	☐ Not at all	☐ Sometimes	☐ Most t
□ 120+ r	minutes this w	eek						
				SWEE	TS: How man	y sweets did y	ou consume thi	is week?
					Beverage	es (sodas, swe	et tea, alcohol)	
						oods (cookies		
					Candy (a	at the office or	around the hou	ıse)

FRUITS/VEGGIES:	How many se	rvings did you e	eat per day?
Sunday:	□ 0-2	□ 3-4	□ 5+
Monday:	□ 0-2	□ 3-4	□ 5+
Tuesday:	□ 0-2	□ 3-4	□ 5+
Wednesday:	□ 0-2	□ 3-4	□ 5+
Thursday:	□ 0-2	□ 3-4	□ 5+
Friday:	□ 0-2	□ 3-4	□ 5+
Saturday:	□ 0-2	□ 3-4	□ 5+
PORTIONS: How of	ten were you	mindful of your	meal and
snack portions?			
Sunday:	■ Not at all	□ Sometimes	■ Most times
Monday:	■ Not at all	□ Sometimes	■ Most times
Tuesday:	■ Not at all	□ Sometimes	■ Most times
Wednesday:	■ Not at all	□ Sometimes	■ Most times
Thursday:	■ Not at all	□ Sometimes	■ Most times
Friday:	■ Not at all	□ Sometimes	■ Most times
Saturday:	□ Not at all	☐ Sometimes	☐ Most times
SWEETS: How man	y sweets did y	ou consume th	is week?
Beverage	es (sodas, swe	et tea, alcohol)	
Baked G	oods (cookies	, cakes, pies)	
Candy (a	at the office or	around the hou	ise)
HYDRATION: How	many 8 oz. gla	asses of water (did you drink
per day?			
Sunday:	□ 0-3	4-7	□ 8+
Monday:	□ 0-3	4-7	□ 8+
Tuesday:	□ 0-3	4-7	□ 8+
Wednesday:	□ 0-3	4-7	□ 8+
Thursday:	□ 0-3	□ 4-7	□ 8+
Friday:	□ 0-3	4-7	□ 8+
Saturday:	□ 0-3	4-7	□ 8+

	Track your goals! Keep track of your fitness habits. If you are using Myzone, your exercise is tracked in the app.				Track your goals! Keep tr		
FREQUEN	NCY: How o	often did yo	ou exercise this w	reek?	FRUIT:	S/VEGGIES:	How many serv
□S	$\square M$		V \square TH \square F	= □ S		Sunday:	□ 0-2
	0-2 days p	er week				Monday:	□ 0-2
	3-4 days p	er week				Tuesday:	□ 0-2
	5+ days pe	er week				Wednesday:	□ 0-2
						Thursday:	□ 0-2
INTENSIT	TY: How int	tense were	e your workouts?			Friday:	□ 0-2
Su	ınday:	☐ Low	■ Moderate	☐ High		Saturday:	□ 0-2
M	onday:	☐ Low	■ Moderate	☐ High			
Tu	iesday:	☐ Low	■ Moderate	☐ High	PORTI	ONS: How of	ten were you m
W	ednesday:	☐ Low	■ Moderate	☐ High	snack p	portions?	
Th	nursday:	☐ Low	■ Moderate	☐ High		Sunday:	■ Not at all
Fri	iday:	☐ Low	■ Moderate	☐ High		Monday:	■ Not at all
Sa	iturday:	☐ Low	■ Moderate	☐ High		Tuesday:	■ Not at all
						Wednesday:	■ Not at all
TIME: Ho	w many mi	inutes did y	you exercise?			Thursday:	■ Not at all
	Less than 3					Friday:	■ Not at all
	30-120 mir	nutes this v	week			Saturday:	■ Not at all
	120+ minu	tes this we	ek				
					SWEET	ΓS: How many	y sweets did yo
							es (sodas, swee
						_	oods (cookies, d

IEP 3			ise is tracked in the	
FRUIT	Syveggies: I Sunday: Monday: Tuesday: Wednesday: Thursday: Friday: Saturday:	□ 0-2 □ 0-2 □ 0-2	vings did you e □ 3-4 □ 3-4 □ 3-4 □ 3-4 □ 3-4 □ 3-4 □ 3-4	at per day? 5+ 5+ 5+ 5+ 5+ 5+ 5+ 5
PORT	IONS: How of	ten were you r	mindful of your	meal and
	Friday: Saturday: TS: How many Beverage	☐ Not at all☐ Not at all☐ Not at all☐ Not at all☐ weets did yes (sodas, sweets)	☐ Sometimes ☐ tea, alcohol)	☐ Most times
		oods (cookies, It the office or	cakes, pies) around the hou	se)
		many 8 oz. gla	sses of water o	did you drink
per da	Sunday: Monday: Tuesday: Wednesday: Thursday: Friday: Saturday:	□ 0-3 □ 0-3 □ 0-3 □ 0-3 □ 0-3 □ 0-3	☐ 4-7 ☐ 4-7 ☐ 4-7 ☐ 4-7 ☐ 4-7 ☐ 4-7	□ 8+ □ 8+ □ 8+ □ 8+ □ 8+ □ 8+

		track of your fitne exercise is tracked in the				ck of your nutrit cise is tracked in the	
FREQUENCY: I	How often did y	ou exercise this	week?	FRUITS/VEGGIES	: How many se	rvings did you	eat per day?
	M DT D	W DTH D	F □S	Sunday:	□ 0-2	□ 3-4	□ 5+
□ 0-2 c	days per week			Monday:	□ 0-2	□ 3-4	□ 5+
□ 3-4 d	lays per week			Tuesday:	□ 0-2	□ 3-4	□ 5+
□ 5+ da	ays per week			Wednesday	: □ 0-2	□ 3-4	□ 5+
				Thursday:	□ 0-2	□ 3-4	□ 5+
INTENSITY: H	ow intense we	re your workouts	?	Friday:	□ 0-2	□ 3-4	□ 5+
Sunday:	☐ Low	■ Moderate	☐ High	Saturday:	□ 0-2	□ 3-4	□ 5+
Monday	/: □ Low	■ Moderate	☐ High				
Tuesday	/: □ Low	■ Moderate	☐ High	PORTIONS: How o	ften were you	mindful of you	r meal and
Wednes	sday: 🗖 Low	■ Moderate	☐ High	snack portions?			
Thursda	ay: 🔲 Low	■ Moderate	☐ High	Sunday:	■ Not at all	□ Sometimes	□ Most times
Friday:	☐ Low	■ Moderate	☐ High	Monday:	□ Not at all	☐ Sometimes	□ Most times
Saturda	y: 🔲 Low	■ Moderate	☐ High	Tuesday:	■ Not at all	□ Sometimes	□ Most times
				Wednesday	: 🗖 Not at all	☐ Sometimes	☐ Most times
TIME: How ma	ny minutes did	l you exercise?		Thursday:	■ Not at all	□ Sometimes	□ Most times
☐ Less	than 30 minute	s this week		Friday:	□ Not at all	☐ Sometimes	☐ Most times
□ 30-12	20 minutes this	week		Saturday:	□ Not at all	□ Sometimes	☐ Most times
□ 120+	minutes this w	reek					
				SWEETS: How ma	ny sweets did	you consume th	nis week?
				Beverag	ges (sodas, swe	eet tea, alcohol)	
				Baked (Goods (cookies	, cakes, pies)	
				Candy	at the office of	r around the hou	150)

alcohol) pies) __ Candy (at the office or around the house) **HYDRATION:** How many 8 oz. glasses of water did you drink per day? Sunday: □ 0-3 □ 4-7 □ 8+ Monday: □ 0-3 **4-7** □ 8+ □ 0-3 □ 4-7 □ 8+ Tuesday: Wednesday: □ 0-3 **4-7** □ 8+ Thursday: □ 0-3 **4-7** □ 8+ **□** 0-3 Friday: **4-7** □ 8+ Saturday: □ 0-3 **4-7** □8+

			track of your fitne exercise is tracked in th		STEP 3		· ·	ck of your nutriti	
FREQUENC	CY: How o	ften did y	ou exercise this v	veek?	FRUI	TS/VEGGIES:	How many se	rvings did you e	at per day
□S	\square M		W DTH D	F □S		Sunday:	□ 0-2	□ 3-4	□ 5+
□ 0	-2 days p	er week				Monday:	□ 0-2	□ 3-4	□ 5+
□ 3	-4 days pe	er week				Tuesday:	□ 0-2	□ 3-4	□ 5+
5	+ days per	r week				Wednesday:	□ 0-2	□ 3-4	□ 5+
						Thursday:	□ 0-2	□ 3-4	□ 5+
INTENSITY	: How int	ense wei	e your workouts?			Friday:	□ 0-2	□ 3-4	□ 5+
Sund	day:	□ Low	■ Moderate	☐ High		Saturday:	□ 0-2	□ 3-4	□ 5+
Mor	nday:	☐ Low	■ Moderate	☐ High					
Tues	sday:	□ Low	■ Moderate	☐ High	PORT	TONS: How of	ten were you	mindful of your	meal and
Wed	dnesday:	□ Low	■ Moderate	☐ High	snack	portions?			
Thu	rsday:	☐ Low	■ Moderate	☐ High		Sunday:	■ Not at all	■ Sometimes	☐ Most t
Frida	ay:	□ Low	■ Moderate	☐ High		Monday:	■ Not at all	□ Sometimes	☐ Most t
Satu	ırday:	☐ Low	■ Moderate	☐ High		Tuesday:	■ Not at all	■ Sometimes	☐ Most t
						Wednesday:	■ Not at all	■ Sometimes	☐ Most t
TIME: How	many mi	nutes did	you exercise?			Thursday:	■ Not at all	■ Sometimes	☐ Most t
	ess than 3	0 minute	s this week			Friday:	■ Not at all	■ Sometimes	☐ Most t
□ 3	0-120 mir	nutes this	week			Saturday:	■ Not at all	■ Sometimes	☐ Most t
□ 12	20+ minut	es this w	eek						
					SWE	TS: How man	y sweets did y	ou consume th	is week?
						Beverage	es (sodas, swe	et tea, alcohol)	
						Baked G	oods (cookies	, cakes, pies)	

exercise is tracked in the app. servings did you eat per day? □ 3-4 □ 5+ □ 3-4 □ 5+ □ 3-4 □ 5+ □ 3-4 □ 5+ □ 3-4 □ 5+ □ 3-4 □ 5+ □ 3-4 □ 5+ ou mindful of your meal and all □ Sometimes □ Most times ☐ Sometimes ☐ Most times ☐ Sometimes ☐ Most times all □ Sometimes □ Most times id you consume this week? sweet tea, alcohol) ies, cakes, pies) ___ Candy (at the office or around the house) **HYDRATION:** How many 8 oz. glasses of water did you drink per day? Sunday: □ 0-3 □ 8+ \Box 4-7 Monday: □ 0-3 **4-7** □ 8+ □ 0-3 Tuesday: **4-7** □ 8+ Wednesday: □ 0-3 □ 4-7 □ 8+ Thursday: □ 0-3 **4-7** □ 8+ □ 0-3 Friday: **4-7** □ 8+ □ 0-3 Saturday: **4-7** □8+

		track of your fitne exercise is tracked in th		
FREQUENCY: How of S	T D per week per week		veek? □ S	
INTENSITY: How in	tense wei	e your workouts?		
Sunday:	□ Low	■ Moderate	☐ High	
Monday:	☐ Low	■ Moderate	☐ High	
Tuesday:	☐ Low	■ Moderate	☐ High	
Wednesday:	☐ Low	■ Moderate	☐ High	
Thursday:	☐ Low	■ Moderate	☐ High	
Friday:	☐ Low	■ Moderate	☐ High	
Saturday:	□ Low	■ Moderate	☐ High	
TIME: How many m	inutes did	you exercise?		
☐ Less than	30 minute	s this week		
□ 30-120 mi	nutes this	week		
□ 120+ minu	ites this w	eek		

EP 3			ise is tracked in the	
FRUIT	Syveggies: I Sunday: Monday: Tuesday: Wednesday: Thursday: Friday: Saturday:	How many ser □ 0-2 □ 0-2 □ 0-2 □ 0-2 □ 0-2 □ 0-2 □ 0-2 □ 0-2 □ 0-2	3-4 3-4 3-4 3-4 3-4 3-4 3-4 3-4	at per day? 5+ 5+ 5+ 5+ 5+ 5+ 5+ 5+
		ten were you i	mindful of your	meal and
	Thursday: Friday: Saturday: TS: How many Beverage Baked Go	□ Not at all □ sweets did y es (sodas, sweets did y)	☐ Sometimes ☐ tea, alcohol)	☐ Most times ☐ times
		many 8 oz. gla	isses of water o	did you drink
per da	Sunday: Monday: Tuesday: Wednesday: Thursday: Friday: Saturday:	□ 0-3 □ 0-3 □ 0-3 □ 0-3 □ 0-3 □ 0-3 □ 0-3	☐ 4-7 ☐ 4-7 ☐ 4-7 ☐ 4-7 ☐ 4-7 ☐ 4-7 ☐ 4-7	□ 8+ □ 8+ □ 8+ □ 8+ □ 8+ □ 8+ □ 8+

CONGRATULATIONS

Congratulations! You've completed the Wrap It Up Challenge.

inswer the following anuary 11, 2019 to re	ceive a prize.
Did you achieve yo ☐ Yes	ur goals?
take-away is what y	ver is Yes or No, the most important you may have learned. Reflecting on and challenges can help you move forward you make health decisions in the future.
What were some o the challenge?	f the difficulties you faced during
What were some o	f your personal accomplishments?
What were some o	f your personal accomplishments?
	rapped it up for 2018, what are some of you
Now that you've w	rapped it up for 2018, what are some of you
Now that you've w	rapped it up for 2018, what are some of you

healthy perspective.

NAME

FΜΔΙΙ



cooperfitnesscenter.com/CooperQuest