

BURN *the* FAT



body composition challenge

AUGUST 12
through
SEPTEMBER 22

Improve your Cooper Quest body composition score with this six-week challenge.

- Measure your body mass index and body fat percentage
- Stay on track with nutrition education
- Complete the weekly workout activities
- Log your minutes of exercise on the printed tracking form or utilize the Myzone[®] app and heart rate monitor to work toward the Myzone Effort Points (MEPs) goals*

** Only Blue Zone (60%) and above will count toward MEPs goals.*

cooperfitnesscenter.com/CooperQuest

COOPER
QUEST
STEPS FOR A COOPERIZED LIFE

BURN *the* FAT

— body composition challenge —



Improve your Cooper Quest body composition score with this six-week challenge. Achieve weekly physical activity goals—minutes of exercise or number of MEPS—to decrease your body mass index (BMI) and body fat percentage. Complete the challenge for a chance to earn a prize.

NAME _____

EMAIL _____

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOTAL | |
|--|---------|---------|-----------|----------|---------|----------|---------|---------|---|
| WEEK 1 300 MEPS OR 150 MINUTES | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | RMR CALORIE GOAL WORKSHEET <input type="checkbox"/> |
| | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEASUREMENTS: _____ BMI _____ BODY FAT |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | |
| | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | |
| WEEK 2 350 MEPS OR 150 MINUTES | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | WORKOUT OF THE WEEK <input type="checkbox"/> |
| | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | |
| | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | |
| WEEK 3 400 MEPS OR 180 MINUTES | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | WORKOUT OF THE WEEK <input type="checkbox"/> |
| | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | |
| | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | |
| WEEK 4 400 MEPS OR 180 MINUTES | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | WORKOUT OF THE WEEK <input type="checkbox"/> |
| | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | |
| | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | |
| WEEK 5 450 MEPS OR 200 MINUTES | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | WORKOUT OF THE WEEK <input type="checkbox"/> |
| | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | |
| | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | |
| WEEK 6 500 MEPS OR 200 MINUTES | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | WORKOUT OF THE WEEK <input type="checkbox"/> |
| | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | MEPS | |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | MEASUREMENTS: _____ BMI _____ BODY FAT |
| | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | |