

DECEMBER 2022 TRACKER

12 days of fitness challenge

NAME:

DEPT:

PHONE:

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

December is a calorie-rich, busy month. Could you use a little motivation to keep up with your exercise routine? If so, take the **12 Days of Fitness Challenge!**

- No fee to enter. No registration required!
- Simply exercise for a minimum of 30 minutes on **ANY 12 DAYS** during December.
- Mark the days and number of minutes you exercised on the tracker.
- Completing this Challenge meets Earned Health Day requirements.
- **Keep MO-HO-HO-HO-VING!**



Meet the goal of 12 days of fitness and turn in this form to be entered in a drawing to win a \$10 gift certificate by sending your completed log to Theresa Ebeling (ebelinta@kirkwoodmo.org) Th Jan 5.

CHALLENGE PERIOD: DECEMBER 1 - 31, 2022



Be Merry! | Be Healthy! | Be Tolly! | Keep Moving!