

IBEW 6 Week Cardio Challenge

October 28th -December 8th



2019

Name:

Email:

Phone:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	October 28 (Example: 30-minute walk)	29	30	31	November 1	2
3	4	5	6	7	8	9
Total minutes= (Strive for 150 min/wk)						
10	11	12	13	14	15	16
Total minutes=						
17	18	19	20	21	22	23
Total minutes=						
24	25	26	27	28	29	30
Total minutes=						
December 1	2	3	4	5	6	7
Total minutes= December 8						

The GOAL of the challenge is to complete 150 minutes of cardiovascular exercise each week for 6 weeks- (Monday-Sunday).

Record on the calendar what cardio exercise you did on a particular day and for how long.

(Example: Oct 28 - 30 min brisk walk and Oct 30 -45 min exercise class) Your total minutes for the week need to add up to 150 minutes.

All participants will be entered into a drawing for prizes. Awards will be based on minutes completed.

Please return the form to Denise Brown by Dec 14. You may scan and email the form to denise.brown@baysport.com or

Mail it to BaySport- Attention Denise Brown 14830 Los Gatos Blvd Suite 101, Los Gatos, CA 95032