

Name: \_\_\_\_\_ Participant #: \_\_\_\_\_ Phone: \_\_\_\_\_

NAME:

MONTH:

DAY	DURATION	POINTS	DAY	DURATION	POINTS	DAY	DURATION	POINTS
1			12			23		
2			13			24		
3			14			25		
4			15			26		
5			16			27		
6			17			28		
7			18			29		
8			19			30		
9			20			31		
10			21			<b>TOTAL POINTS</b> Do not forget to total your points		
11			22					

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1			12			23		
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10			21			<b>TOTAL POINTS</b> Do not forget to total your points		
11			22					

Fit CLUB

**RULES:**

At the end of each month turn in your card into the black tray at the fitness center. Do not forget to total your points.

Earn extra points by attending any posted fitness center event monthly. Just pick up a card from the event and include that with your card when you turn it in. **Three points is the most points you may earn in a single day.**

**Incentives are rewarded at LEVEL 1 (160 points), LEVEL 2 (320 points), and LEVEL 3 (560 Points)**

<b>AEROBIC</b> Running, Jogging, Power Walking, Cycling, Stairmaster, Treadmill, Aerobics Class, Rowing, Lap Swimming, Triathlons <i>(Must be 30 Minutes minimum to count)</i> = 3 Points	<b>ANAEROBIC</b> Competitive Basketball, Tennis, Volleyball, Weight Training, Self Defense Classes <i>(Must Be 30 Minutes minimum to count)</i> = 2 Points	<b>RECREATION / LEISURE</b> Golf, Softball, Bowling, Leisure Walking (Window Shopping) <i>(Must be 60 minutes minimum to count)</i> =1 Points
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