



July FireWorks



Put some **FIRE** into your **WORK**-outs this JULY!! Do you need some **BAM, BOOM** or **ZAZOOM** in your physical activity? This challenge was developed for you to **SPARK** up your current fitness workouts. This is how it works: You can earn up to 4 X's each day, but no more than 4! It's **EXPLOSIVE!!**

- For each day you are moderately to vigorously physically active for at least 30 minutes, place an X.
- If you are moderately to vigorously physically active for at least 60 minutes, place another X.
- If you try a new form of physical activity, place another X on that day. (New doesn't have to mean you have never done this activity before. If it has been 6 months or more, you can count it. But, you can only count each new activity once during this challenge.)
- If you lift weight for at least 15 minutes, add another X. Only one X for the weights each day. But, weight lifting is considered moderate physical activity so this can count towards your 30-60 mins.

Strive to have a **BLAST** and to accumulate at least 40 points (X's). **ROCKET** yourself into good health!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | 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 | |

Name _____ Return form to Julie Jones by August 7th to be eligible to win incentives!