



SAILING INTO 2025 ARC FITNESS GO CHALLENGE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	ADD UP ALL WEEKLY MIN TOTAL HERE

IMPORTANT NOTES TO REMEMBER

- MAKE SURE THAT YOUR NAME IS ON TOP OF THE CALENDAR AND EASY TO READ.
- TRACK YOUR MINUTES FOR EACH DAY ABOVE. REMEMBER NO MORE THAN 2 HOURS A DAY OF ANY EXERCISE OR PHYSICAL MOVEMENT. ANY STRUCTURED EXERCISE OR SPORTS COUNT.
- MAKE SURE TO KEEP THE CALENDAR WITH YOU AT ALL TIMES. DO NOT LEAVE IT AT THE FITNESS DESK OR IN ANY FITNESS ROOMS IT MAY GET THROWN AWAY.
- MAKE SURE TO TURN THE CALENDAR IN AT THE FITNESS DESK AND GET A NEW CALENDAR NO LATER THAN TUESDAY OF EACH WEEK. IF YOU CAN NOT TURN IT IN YOU CAN EMAIL A PICTURE OF IT OR YOUR TOTAL WEEKLY MINTUES TOO...
 - MICHELE@WPRD.US OR RHONDA@WPRD.US TO GET YOUR MINUTES ADDED.
- WEEKLY TOTALS AND A LEADERBOARD WILL BE EMAILED OUT EVERY WEDNESDAY AND POSTED TO FACEBOOK.
 - IF YOU DO NOT HAVE IT MAKE SURE TO JOIN THE ARC FITNESS FACEBOOK PAGE FOR UPDATES.
- MAKE SURE TO MOVE YOUR SAILBOAT ON THE WALL UPSATIRS ON THE TRACK.
- SAVE THE DATE FOR MARCH 6TH FOR THE LAST DAY OF THE GO CHALLENGE FEAST AND PRIZE GIVEAWAY

QUESTIONS? EMAIL RHONDA@WPRD.US OR MICHELE@WPRD.US