

30/60/90 Challenge

Name _____

Give yourself 1 point for each 40 minute workout

February 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	60			Day 31 19	Day 32 20	Day 33 21
Day 34 22	Day 35 23	Day 36 24	Day 37 25	Day 38 26	Day 39 27	Day 40 28
March 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 41 1	Day 42 2	Day 43 3	Day 44 4	Day 45 5	Day 46 6	Day 47 7
Day 48 8	Day 49 9	Day 50 10	Day 51 11	Day 52 12	Day 53 13	Day 54 14
Day 55 15	Day 56 16	Day 57 17	Day 58 18	Day 59 19	Day 60 20	

REGULAR POINTS: _____

BONUS POINTS: _____

TOTAL POINTS: _____

30/60/90 Challenge

30 Days Down!



Everyone knows keeping a workout resolution for the New Year is hard work! Most of us rarely make it past the first month. If you joined the 30/60/90 challenge in January you are now on the 60 day part of the challenge.

You need to work out **40 minutes a day 3 times a week** to earn your prize during this segment! Remember you can count any workout! Strength training, cardio, group fitness classes, sports and flexibility all count towards your goals!

What do I do now?

1. Turn in your 30 day calendar to KFC if you are a student and to Tammy Felondis in HR if you are a staff or faculty. When you turn in your calendar you receive your 30 day water bottle!!
2. Get your 60 day calendar via email, on our KFC webpage, or at the KFC front desk.
3. Start tracking your 60 day workouts immediately!
4. Your goal is to get a minimum of 3 40 minute workouts in during each week.
5. Remember that you can count ALL of your activity! Intramural sports, group fitness, cardio, strength training, yoga and flexibility all count towards your goal!!
6. At the end of 60 days turn in your calendar and get your 90 day calendar for the final stretch of the 30/60/90 challenge!

Keep up the Great Work!

30 day Goal:

Workout a minimum of 2 times per week for 30 minutes each time.

Prize: Water Bottle

60 Day Goal:

Workout a minimum of 3 times per week 40 minutes each time.

Prize: Workout Towel

90 Day Goal:

Workout a minimum of 4 times per week 45 minutes each time.

Prize: T-shirt

How to use your 30/60/90 Calendar:

Give yourself one point for each qualifying workout. ANY **40 minute workout scores 1 point.** Score points on your calendar on the day you earn them.

EACH MONTH WILL HAVE DIFFERENT BONUS POINTS

60 day Bonus points: Give yourself 2 points each time you try a new workout!

60 day Bonus points: Give yourself 2 points for each 20 minute flexibility session you do. You can include yoga and stretching.