

January Fitness Challenge

Details: For each day below, check one of the 3 boxes: *didn't work out*, *worked out on your own*, or *took one of our C2BF classes*. **Challenge begins on Jan. 7th & ends Jan. 31st. Turn in completed log by February 3rd.** The C2BF team will tally your points (*workouts on your own are worth 1 point and C2BF classes are worth 5 points*). Once we tally your points, your point total will be the number of entries into our prize drawing. For example, 30 points = 30 entries.

Prizes: One winner will receive a \$50 gift card to Dick's Sporting Goods. A second winner will receive a Hydro Flask.

Date	Didn't workout	Worked out on my own	Attended a C2BF class
Tuesday, January 7			
Wednesday, January 8			
Thursday, January 9			
Friday, January 10			
Saturday, January 11			
Sunday, January 12			
Monday, January 13			
Tuesday, January 14			
Wednesday, January 15			
Thursday, January 16			
Friday, January 17			
Saturday, January 18			
Sunday, January 19			
Monday, January 20			
Tuesday, January 21			
Wednesday, January 22			
Thursday, January 23			
Friday, January 24			
Saturday, January 25			
Sunday, January 26			
Monday, January 27			
Tuesday, January 28			
Wednesday, January 29			
Thursday, January 30			
Friday, January 31			

Name: