

Herren Fitness Challenge

Monday, March 1 - Saturday, March 6

Join Chris Herren and members of the Herren organizations during Wellness Week with Herren for the **Herren Fitness Challenge**. Exercise is a great for our bodies and our minds. It's a key part of wellness, so participate in our Herren Fitness Challenge during Wellness Week with Herren to take your wellbeing to the next level.

Track your wellness journey throughout the 6 days of Wellness Week using a FitBit, an Apple watch or any fitness app on your phone. Keep track of your steps, water intake and minutes of exercise each day.

Use our **personal fitness log** to set your goals and keep track of your progress throughout the week. Take a snapshot of your results and share your progress on social media with the hashtag #HerrenFitnessChallenge or email your progress to prevention@herrenproject.org with the subject line - Herren Fitness Challenge.

We will be celebrating your wellness milestones everyday with daily random drawings for Wellness Week with Herren prizes.

** Reach 12 or more of your daily goals by March 6th and you will be entered into our grand prize drawing for a FitBit. Winner will be announced on Wednesday, March 10th.*

Herren Fitness Challenge

Personal Fitness Log

My Goals: Steps _____ Water Intake _____ Minutes of Exercise _____

	STEPS	WATER INTAKE (OZ)	MINUTES OF EXERCISE	TOTAL GOALS ACHIEVED
March 1st MONDAY				___ / 3
March 2nd TUESDAY				___ / 3
March 3rd WEDNESDAY				___ / 3
March 4th THURSDAY				___ / 3
March 4th FRIDAY				___ / 3
March 6th SATURDAY				___ / 3
TOTAL				___ / 18

Recommended Goals & Guidelines:

Steps: 10,000/day

Water Intake: 65% of body weight plus 10 ounces for every 15 minutes of exercise

Exercise: Beginners: 30 minutes; Advanced: 60 minutes

Recommended Exercise: Jogging, Swimming, Biking, Dancing, Hiking, Yoga, Playing Basketball/Soccer, etc.