

# Herren Fitness Challenge

*Monday - Saturday*

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](mailto: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 Friday and you will be entered into our grand prize drawing. Winner will be announced the following week.*

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Personal Fitness Log

My Goals: Steps \_\_\_\_\_ Water Intake \_\_\_\_\_ Minutes of Exercise \_\_\_\_\_

	STEPS	WATER INTAKE (OZ)	MINUTES OF EXERCISE	TOTAL GOALS ACHIEVED
MONDAY				___ / 3
TUESDAY				___ / 3
WEDNESDAY				___ / 3
THURSDAY				___ / 3
FRIDAY				___ / 3
SATURDAY				___ / 3
<b>TOTAL</b>				___ / 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 - Jogging, Swimming, Biking, Dancing, Hiking, Yoga, Playing Basketball/Soccer, etc.