



OCTOBER CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Name: _____					1	2
					3	4
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<div style="background-color: #0056b3; color: white; padding: 10px;"> <p>Did you complete the CHALLENGE GOAL? <input type="checkbox"/> Completed 25 of 31 days of at least 30 minutes of physical activity</p> <p>→</p> </div>					

BONUS CHALLENGE (OPTIONAL)

WEEK 2
F

WEEK 3
I

WEEK 4
T

The American Heart Association recommends 150 exercise minutes per week.

Submit your completed exercise log:

- Anytime at Minges Wellness Center
 - Place your completed exercise log in the challenge drop-box
- Email log to kajones@lenoir.org

Due November 3rd by 7 pm