

SUMMER SURVIVOR CHALLENGE

WEEK	DATE	CHALLENGE	COMPLETION
Week 1	June 14- 20	Drink 6-8 cups of water every day	
Week 2	June 21-27	Stretch every day	
Week 3	June 28- July 4	Focus on your posture all week. Spend at least 15 minutes a day conscientiously sitting or standing with good posture.	
Week 4	July 5- 11	Complete <i>at least</i> two hours of cardiovascular exercise this week	
Week 5	July 12- 18	No sweets!	
Week 6	July 19- 25	Work your abdominals every day	
Week 7	July 26- Aug 1	Complete <i>at least</i> 1 hour of strength training this week	
Week 8	Aug 2- 8	Do 25 push-ups every day (can be knees or wall)	
Week 9	Aug 9- 15	On at least two days this week do a group physical activity—exercise as a family or with a friend (other than exercise group!)	
Week 10	Aug 16- 22	Eat 5 servings of fruits and veggies (combined) a day	
Week 11	Aug 23- 29	Exercise at least 5 days this week	

I, _____, hereby commit to the “Summer Survivor Challenge.”

Signature & Date:

Rules:

- Initial the completion box after completing each challenge.
- You may re-arrange ONE challenge. For example, if you know ahead of time that you are going to a family reunion the 12-18th and want to have the desserts there, you can switch that week’s challenge for another.
- You have ONE make-up opportunity. If you do not complete a challenge one week, you can attempt that challenge again the next week, along with the next challenge.
- Your completed card will be your “ticket” to the “Summer Survivor Bash” at the end of the summer!