

Fitness Challenge Log - Turn in by April 2nd



How to earn points:

1 Mile Walk = 1 Point

1 Mile Run/XC Ski = 2 Points

30 Minutes Exercise class/Weight lifting = 1 Point

30 Minutes Downhill Ski/Snowboard/Soccer/BBall/Other Physical Activity - 1 Point

3 Mile Bike = 1 Point

30 Minutes Swimming = 2 Points

Date	Activity	Time/Miles	Points	Parent Initials if under 18

Return completed forms by April 2nd for t-shirt/ticket at All District Band Concert on April 13th. Mail to Band Boosters, PO Box 584, Mantua, OH 44255 or email csgbandboosters@gmail.com.

Fitness Challenge Log - Turn in by April 2nd



How to earn points:

1 Mile Walk = 1 Point

3 Mile Bike = 1 Point

1 Mile Run/XC Ski = 2 Points

30 Minutes Swimming = 2 Points

30 Minutes Exercise class/Weight lifting = 1 Point

30 Minutes Downhill Ski/Snowboard/Soccer/BBall/Other Physical Activity - 1 Point

Date	Activity	Time/Miles	Points	Parent Initials if under 18

Return completed forms by April 2nd for t-shirt/ticket at All District Band Concert on April 13th. Mail to Band Boosters, PO Box 584, Mantua, OH 44255 or email csgbandboosters@gmail.com.