



FALL in LOVE with Fitness Challenge



Each week, complete the as many challenges as you can. Total your points to win prizes!
If you can't complete it during the listed week, you can complete it a different week for 1/2 the point value!

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
Sept 10-16	Sept 17-23	Sept 24-30	Oct 1-7	Oct 8-14	Oct 15-21	Oct 22-28	Oct 29-Nov 4	Nov 5-11	Nov 12-18
Drink 8 Glasses of Water 10 pts	Attend Les Mills Bodypump Launch Saturday! 15 pts	Try and meditate on your own for 5 min. 2x this week 5 pts	Compliment a Gym Member on their hard work 5 pts	Attend Les Mills Barre Launch Saturday! 15 pts	Attend Les Mills Bodybalance Launch Saturday! 15 pts	Find a new recipe and cook it at home 5 pts	Attend a Saturday morning class 10 pts	Attend a Sunday evening class 20 pts	Early Risers Club! Take a 5:15am Class 15pts
Wake up 30-60 min earlier and go for a walk, or hit a 5:15am class 10 pts	Share any of our posts for ANY class on FB/IG! 10 pts	Challenge a friend: hold a plank for as long as you can together! 10 pts	TRY increasing your weights/walk / run distance 5 pts	Eat 5 Fruits/Veggies in 1 day 2x this week 10 pts	Challenge a friend to a 1 min wall sit 5 pts	Attend a cycling class at GTCC 15 pts	Wear your GTCC SWAG to class 5 pts	Try a new restaurant and share with friends 5 pts	Complete 30 classes in this entire challenge! 50 points
Take any Yoga class at GTCC 15pts	Invite a NEW friend to GTCC! 15 pts	Limit phone use before sleeping all week! 10 pts	Write a thank you note or post for an instructor 10 pts	SELF LOVE! Do a non-fitness activity FOR YOU 5 pts	Read an article about Health/Fitness share it on GTCC FB/IG or bring to class 10 pts	Do an active fall activity with family or friends 5 pts	Attend HIIT class to improve your fast twitch muscle response! 15 pts	Walk for at least 20 mins, 3 extra times this week 10 pts	Cut back on sugar this week 5 pts
Get 7-8 hrs of sleep 3x this week 5 pts	Take the stairs 2x this week 5 pts	Attend Zumba at GTCC 15 pts	Attend a NEW class you've never tried 15 pts	Sign up for a Fall 5K walk/run 15 pts	Attend a STRONG Nation class at GTCC 15 pts	Write a review on Mindbody or FB/IG for any class 15 pts	Take 4 classes this week 15 pts	Eat protein bar/shake after your workout! 5 pts	Clean out a room/make a donation 5 pts
Attend 3 classes this week 10 pts	15 mins of extra stretching, 2x this week 5 pts	Walk a nature trail (not paved roads) 10 pts	Attend a Bodypump class at GTCC! 15 pts	Learn or try a new skill (cooking, biking, roller blading) 5 pts	Find a FREE fitness tracking app to use on your phone 5 pts	Challenge a friend to a push up challenge. How many can you get? 10 pts	Do 30 curl ups (Or as many as you can) 5 pts	Read a book/share the book in our GTCC library 10 pts	Try out the body scan and see your hard work 20 pts
Week 1 Total: 50	Week 2 Total: 65	Week 3 Total:	Week 4 Total:	Week 5 Total:	Week 6 Total:	Week 7 Total:	Week 8 Total:	Week 9 Total:	Week 10 Total:

Challenge Total:
