

**TOWN OF MOREHEAD CITY  
60-DAY FITNESS CHALLENGE  
(May be filled in electronically or manually)**

List each activity under the appropriate column and number of minutes performed. List the completed activity in the column closest to the amount of time taken to complete. You may have more than one activity per day. You may have multiple activities in one block to equal number of minutes completed. The examples are not all-inclusive; if not on the form, list activity under the area most appropriate. If using fillable form, totals will calculate automatically. **This is an honor system program and any false misrepresentation may result in disciplinary action.**

		Cardio 25 Points (15 Minutes)	Cardio 50 Points (30 Minutes)	Cardio 75 Points (45 Minutes)	Cardio 100 Points (60 Minutes)	Weight Training 25 Points (15 Minutes)	Weight Training 50 Points (30 Minutes)	Weight Training 75 Points (45 Minutes)	Weight Training 100 Points (60 Minutes)	Examples of Weight Training	Examples of Cardio
January	27									Lifting Weights	Walking
January	28									Free Weights	Running
January	29									Pull-ups	Swimming
January	30									Push-ups	Biking
January	31									Crunches	Dance Class
February	1									Sit-ups	Fitness Class
February	2										Zumba
February	3										Piloxing
February	4										Tennis
February	5										Golf (Walk Course)
February	6										Soccer
February	7										Basketball
February	8										Pickleball
February	9										Cross Trainer
February	10										Elliptical Machine
February	11										Barre Class
February	12										Yoga
February	13										Hiking
February	14										Racquetball
February	15										
February	16										
February	17										
February	18										
February	19										
February	20										
February	21										
February	22										
February	23										
February	24										
February	25										
TOTALS		0	0	0	0	0	0	0	0		

Turn in to Department Head no later than February 28

Name: \_\_\_\_\_  
 Printed \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Signed \_\_\_\_\_

Date: \_\_\_\_\_  
 Department: \_\_\_\_\_



April	4											
April	5											
April	6											
April	7											
April	8											
April	9											
April	10											
April	11											
TOTALS		0	0	0	0	0	0	0	0			

Turn in to Department Head no later than April 16

Name: \_\_\_\_\_  
 Printed

Name: \_\_\_\_\_  
 Signed

Date: \_\_\_\_\_

Department: \_\_\_\_\_