

reCHARGE CARDIO CHALLENGE 30 Points



Use the **CARDIO TRACKER** in the Wellness Center to track your progress. 

Don't forget to

Sync Your
Device



REGISTER IN THE WELLNESS CENTER.

Start
8/27/18



X



Finish
9/24/18



X

YOUR GOAL: Log at least 150 minutes
per week of cardio exercise.

Registration Dates: 8/20/18 - 9/2/18

Those who meet the challenge goal will be entered into a random
drawing for the opportunity to earn an additional 30 points!



 More info in the Wellness Center

