



Challenge: Get Back Into Exercise!



• personal wellness program from SNA •

Instructions: Give yourself two (2) points for every day you spend 30+ minutes being active/exercising.

Name _____ Member Number _____ State _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Earned 25 Points? Submit your points online at:
www.mitmnutrition.wixsite.com/mistepschallenge/submit-points-1
by **October 4** to be entered in the drawing.

Total Points for the Month:

Sponsored



Note: The STEPS Challenge is not intended to replace medical advice. Before beginning this or any other nutritional or exercise regimes, consult your physician to be sure it is appropriate for you.