



**GET ACTIVE AND EAT RIGHT FOR A FREE STAY IN KANSAS B&B, GIFT CARDS, AND OTHER PRIZES!**

## **TABOR STRIDES**

**TOP POINT TOTAL RECEIVES KBBA GIFT CARD FOR A NIGHT STAY AT ANY KS BED AND BREAKFAST!**

**JANUARY 21 - DECEMBER 8 (46 WEEKS)**

**100 OR 200 PTS: 1 OR 2 MILLION STEPS CLUB**

**3 PTS/SESSION (MAX 200 PTS): 30 MINUTE STRENGTH SESSIONS**

(FAITHFUL FITNESS, GYM VISITS OR HOME SESSION)

**5 PTS/WEEK: DO IT YOUR WAY CARDIO**

(150 MINUTES CONTINUOUS CARDIO A WEEK IN MINIMUM 30 MINUTE INCREMENTS. CAN'T DOUBLE DIP WITH STEPS CLUB.)

**2 PTS: TRY NEW FRUITS AND VEGETABLES**

(POINTS FOR EACH NEW KIND YOU EAT! SEE WIKIPEDIA LISTS)

**\*\*ADDITIONAL PRIZES FOR OTHER TOP ACHIEVERS OVERALL AND INDIVIDUAL CATEGORIES!\*\***

## **10 WEEK STEP OR STROKE**

**50,000 STEPS OR STROKES A WEEK FOR \$25 DICKS GIFT CARD!**

**JANUARY 21 - MARCH 31ST (10 WEEKS)**

(Tracker due in wellness box, or scan/send to Kevin, by 4/4/19. Will return ASAP.)

\*SHEETS FOR ALL CHALLENGES ARE LOCATED IN THE WELLNESS BOX. TO TRACK STEPS USE ANY FITNESS APP ON YOUR SMART PHONE OR SEE KEVIN FOR A FREE PEDOMETER! GOOD LUCK!

# Tabor Strides - 2019 Wellness Tracker

Name \_\_\_\_\_

Week	Steps	Strokes	Strength Points	Your Way Cardio Pts	Fru/Veg Pts	Fru/Veg List
21-Jan-19						
28-Jan-19						
4-Feb-19						
11-Feb-19						
18-Feb-19						
25-Feb-19						
4-Mar-19						
11-Mar-19						
18-Mar-19						
25-Mar-19						
<b>SoS Total</b>						
1-Apr-19						
8-Apr-19						
15-Apr-19						
22-Apr-19						
29-Apr-19						
6-May-19						
13-May-19						
20-May-19						
27-May-19						
3-Jun-19						
10-Jun-19						
17-Jun-19						
24-Jun-19						
1-Jul-19						
8-Jul-19						
15-Jul-19						
22-Jul-19						
29-Jul-19						
5-Aug-19						
12-Aug-19						
19-Aug-19						
26-Aug-19						
2-Sep-19						
9-Sep-19						
16-Sep-19						
23-Sep-19						
30-Sep-19						
7-Oct-19						
14-Oct-19						
21-Oct-19						
28-Oct-19						
4-Nov-19						
11-Nov-19						
18-Nov-19						
25-Nov-19						
2-Dec-19						
<b>Total Steps</b>						
<b>Total Points</b>						
<b>Year Total</b>						