

Mountaineer Fitness Challenge



Start Date: January 25, 2017

End Date: April 26, 2017

Due to folder located at each facility console
no later than April 26th.

GOAL: 3,333 minutes of physical activity spent in a UREC facility during the Spring 2017 semester.
No more than 120 minutes/day.

DIRECTIONS: In each box write the date, activity, and time spent. Have instructor or supervisor sign off on activity at the end of workout/class.

For Group Fitness Schedule and facility hours visit: fitness.appstate.edu

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