



What counts for points:

Track your minutes each day on the provided form.

Keep track of your minutes:

We encourage all participants to follow the national recommendation to be active 30 minutes a day, five days a week.
30 x 5=150 minutes.

Prizes:

Prizes will be determined soon. Check our social media on Facebook and Instagram for an additional announcement.

Completed score cards will be entered into a prize drawing. Winners will be announced and prizes will be available for pick up at a later date and time.

WMU Community

Are you ready to take the challenge?

Monday, April 6 through Sunday, April 19

Name: _____

Email or phone number: _____

April 6—April 12 Minutes	April 13—April 19 Minutes
April 6	April 13
April 7	April 14
April 8	April 15
April 9	April 16
April 10	April 17
April 11	April 18
April 12	April 19
Total	Total

Grand Total: _____

Email your tracking form to Beth Northuis
by 5 p.m., Monday, April 20
Contact: beth.northuis@wmich.edu



WESTERN MICHIGAN UNIVERSITY

Student Recreation Center