

WELCOME TO THE #STCPMAYCHALLENGE

Use this sheet to keep track of your points earned!



WAYS TO EARN	WEEK 1	WEEK 2	WEEK 3	WEEK 4	TOTAL
WALK (indoor/outdoor) 30 Mins = 50pts <i>BONUS 10pts: add weights</i>					
BIKE (indoor/outdoor) 30 Mins = 50pts <i>BONUS 10pts: add weights (indoor)</i>					
10 CALF RAISES 10 Reps = 10pts					
PLANKS 30 Secs = 10pts					
FAB 5 AB SERIES 30pts <i>BONUS 10pts: add weights</i>					
PILATES SQUATS 10 Reps = 10pts					
SIDE LEG SERIES 30pts <i>BONUS 10pts: add weights</i>					
ARM SERIES WITH WEIGHTS 30pts					
DRINK WATER 8oz = 5pts					
MAKE A SMOOTHIE 15pts <i>BONUS 10pts: post it & tag #STCPMAYCHALLENGE</i>					
MAKE A HEALTHY MEAL 20pts <i>BONUS 10pts: post it & tag #STCPMAYCHALLENGE</i>					
POST YOUR #TeaserTuesday 20pts					
COMPLETE A LONG WORKOUT VIDEO 75pts					

COMPLETE A SHORT WORKOUT VIDEO 40pts					
--	--	--	--	--	--

GIVE BACK!

We're giving back to our community by donating non-perishable foods to the Elgin Food Pantry, "Food for greater Elgin." Collect food items over the course of the month and bring to the studio on Friday, May 29th at 4pm with your final tally sheet.

EACH FOOD ITEM = 5pts					
				TOTAL POINTS EARNED	

OPTIONAL PROPS: mat, ankle weights, small hand weights, ball, towel, magic circle