



# At the J Tracking Sheet

Thank you for participating in the Find Your Fit Wellness Challenge.  
Please return this sheet to a Peck Desk attendant after you mark your progress.

Challenge	Point Value	(Each time you finish a challenge, fill in the square with its corresponding point value)												Total
Complete 30min Strength workout	1pt													
Complete 30min Cardio workout	1pt													
Take a Yoga class	1pt													
Take a Les Mills class	1pt													
Workout with a friend	3pts													
Complete a guided workout on new Life Fitness Tread mill	3pts													
Bring a friend/Guest to a Group Exercise class	5pts													
Complete a Foundations session	5pts													
Join our Fitness and Recreation group on Facebook	5pts													
Complete an inBody scan	5pts													
Complete one of the workouts made by a JCC trainer	5pts													
Take a lap in the JCC pool	5pts													
Run 5 laps around the indoor track	5pts													
Purchase a Personal Training or Pilates Package during Black Friday Flash Sale	10pts													
Make a donation to the J campaign	10pts													
Attend a "new to you" Group Exercise class	10pts													
Sign up for a Winter Program	10pts													
Attend 3 group exercise classes a week	10pts													

Full Name: .....

Phone Number: .....

Email: .....

**Be sure to ask for another tracking sheet if you run out of space! GRAND TOTAL:**