

SUMMER SIZZLE 2024

Wellness Challenge



Track your sizzling workout minutes!

Starts June 23rd, Ends August 3rd

You may choose any exercise activity you desire

(ex. Walking, Running, Weight Lifting, Yoga, Bicycling etc)

Gift Card Awards are based on the total number of minutes of your exercise(s)

There will be 2 Fitness Periods, Placement Awards & Random Drawings

Turn in your log sheet(s) & proof to Jean or Lita, at the end of each period

Deadlines for Each Period

Fitness Period #1

Starts June 23rd

Ends July 13th


Fitness Period #2

Starts July 14th

Ends August 3rd

Gift Card Awards

Choices: Dick's Sporting, Giant Eagle, Spa Finder

Periods	Rule	Award Amount	
Fitness Period #1 (June 23rd - July 13th)	300-499 Minutes Total for Period #1	\$ 25.00	
	500-699 Minutes Total for Period #1	\$ 40.00	
	700+ Minutes Total for Period #1	\$ 60.00	
Fitness Period #2 (July 14th - August 3rd)	300-499 Minutes Total for Period #2	\$ 25.00	
	500-699 Minutes Total for Period #2	\$ 40.00	
	700+ Minutes Total for Period #2	\$ 60.00	
End-of-Challenge Placements		1st Place	\$ 100.00
		2nd Place	\$ 60.00
		3rd Place	\$ 40.00

End-of-Challenge Drawings (3)

Anyone that participates will have their name put in a hat for a random drawing for a gift card valued at \$25 3 names will be pulled



SUMMER SIZZLE 2024

Wellness Challenge - Log Sheet - Starts 6/23/24

Name: _____

	Date	Fitness Activity Performed	Minutes of Activity
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			

****Don't forget to attach your proof of activity****

Start Date	End Date	Turn in Log Sheet Date
Fitness Period #1 6/23/24	7/13/24	7/15/24
Fitness Period #2 7/14/24	8/3/24	8/5/24

Turn in log sheet & proof to Jean or Lita at the end of each Fitness Period

You can email if you prefer to jbeko@partaonline.org OR lwiley@partaonline.org