

# Gym Membership 30 Day Challenge

Goal: The goal of this challenge is to utilize a membership you may already be paying for (such as Anytime Fitness, YMCA, Snap Fitness, etc.) The goal is to go to the gym, exercise for 2.5 hours a week, and get healthy.

Requirements: You will need to complete the chart on the this sheet.

You will be responsible for obtaining a print out or verification from your fitness facility showing proof of attendance. You can have up to 5 – 8 rest days.

Incentive: Each Challenge you complete (maximum of 4) will earn you \$25 per challenge into your Health Savings Account/FSA.

**Deadline: November 30, 2022**

**Participant Name:**

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**Employee Name:**

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**Fitness Facility:**

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**Start Date:**

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Day	Date	Start Time	End Time	Activity Walk, Run, Weights, Swim Basketball, Other: _____
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