

Gym Membership 30 Day Challenge



Goal: The goal of this challenge is to utilize current membership to a gym (ex: Anytime Fitness, YMCA, Snap), by exercising at the gym for 2.5 hours a week to get healthy.

Requirements: Track day and start/stop time of at least 2.5 hours weekly **Deadline:** November 30, 2026

Day	Date	Start Time / End Time	Gym Activity (walk, run, weights, swim, basketball, other)
1		/	
2		/	
3		/	
4		/	
5		/	
6		/	
7		/	Week 1 Total Hours
8		/	
9		/	
10		/	
11		/	
12		/	
13		/	
14		/	Week 2 Total Hours
15		/	
16		/	
17		/	
18		/	
19		/	
20		/	
21		/	Week 3 Total Hours
22		/	
23		/	
24		/	
25		/	
26		/	
27		/	
28		/	Week 4 Total Hours
29		/	Day Total Hours
30		/	Day Total Hours

Participant Name _____ Employee Name _____

Name of Fitness Facility _____

Health Incentives: Each individual challenge completed by a covered employee or covered spouse earns \$25 per challenge into the employee's HSA/FSA. Note: an employee can only submit a max of 4 different challenges completed by the employee and/or covered spouse per calendar year, receiving a maximum health incentive challenge benefit total of \$100. An individual cannot submit a duplicate challenge. Completed forms to be submitted to Auditor's Office by November 30 deadline.