

September

50 Years. 50 Miles.
One Healthier Community



Weekly Challenge	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
50 push-ups this week			1 _____	2 _____	3 _____	4 _____	5 _____	Weekly Challenge Completed Y or N
			Miles:	Miles:	Miles:	Miles:	Miles:	Total Miles:
50 sit-ups this week	6 _____	7 _____	8 _____	9 _____	10 _____	11 _____	12 _____	Weekly Challenge Completed Y or N
	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Total Miles:
50 jumping jacks this week	13 _____	14 _____	15 _____	16 _____	17 _____	18 _____	19 _____	Weekly Challenge Completed Y or N
	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Total Miles:
50 minutes of stretching, yoga, meditation or mindfulness this week	20 _____	21 _____	22 _____	23 _____	24 _____	25 _____	26 _____	Weekly Challenge Completed Y or N
	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Total Miles:
50oz of water daily	27 _____	28 _____	29 _____	30 _____				Weekly Challenge Completed Y or N
	Miles:	Miles:	Miles:	Miles:				Total Miles:

First Name: _____
Last Name: _____
Phone Number: _____
Email: _____

LRHC Employee or Community Member (Circle One)

LRHC Department: _____ or Business Name: _____



Eligibility

- Open to all LRHC staff, family members, and community members.
- No purchase necessary.
- All fitness levels are welcome. Activities may be modified to meet individual abilities.

How It Works

- Track activity miles throughout September.
- Reach a cumulative goal of 50 miles by September 30.
- Complete the weekly bonus challenges.
- Submit your completed and signed tracker by October 6 at 5:00pm.

Tracking Miles

Participants may combine activities throughout the month.

Examples:

- Walking
- Running
- Biking
- Swimming

Honor System

- This challenge is intended to be fun, encouraging, and inclusive. Participants are expected to record miles and activities honestly.

Prize Eligibility

To be entered into the raffle, participants must:

- Complete and sign their tracker
- Log at least 50 miles & engage in weekly 50 challenges.
- Submit via email to community@lexrhc.org by October 6 at 5:00pm