

How to Use the "FitCLUB" Card (and earn incentives just for staying fit)

Name: I. M. Fit Participant #: 0000 Phone: 7-3612

DAY	DURATION	POINTS	DAY	DURATION	POINTS	DAY	DURATION	POINTS
1	30 min	3	12			23		
2			13			24		
3			14			25		
4	45 min	2	15			26		
5			16			27		
6	60 min	1	17			28		
7			18			29		
8			19			30		
9			20			31		
10			21					
11			22					
TOTAL POINTS Do not forget to total your points								6

Put the current month here

MONTH: November

Put your name here for easy filing.

NAME: I. M. Fit

RECORD YOUR WORKOUT HERE

- *3 points for 30+ minutes of **aerobic exercise**
- *2 points for 30+ minutes of **anaerobic exercise**
- *1 point for 60 or more minutes of **leisure activity**

aerobic exercise
anaerobic exercise
Leisure activity

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2	30 min	3	13			24		
3			14			25		
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5	45 min	2	16			27		
6			17			28		
7			18			29		
8			19			30		
9			20			31		
10			21					
11	60 min	1	22					
TOTAL POINTS Do not forget to total your points								6

Total the month's points here.

FitCLUB

RULES:

At the end of each month turn in your card into the black tray at the fitness center. Do not forget to total your points. Earn extra points by attending any posted fitness center event monthly. Just pick up a card from the event and include that with your card when you turn it in.

Incentives are rewarded at LEVEL 1 (160 points), LEVEL 2 (320 points), and LEVEL 3 (560 Points)

AEROBIC	ANAEROBIC	RECREATION / LEISURE
Running, Jogging, Power Walking, Cycling, Stairmaster, Treadmill, Aerobics Class, Rowing, Lap Swimming, Triathlons (Must be 30 Minutes minimum to count) = 3 Points	Competitive Basketball, Tennis, Volleyball, Weight Training, Self Defense Classes (Must Be 30 Minutes minimum to count) = 2 Points	Golf, Softball, Bowling, Leisure Walking (Window Shopping) (Must be 60 minutes minimum to count) = 1 Points



Some things to remember:

Always total your points.

If you don't have a participant number, speak to a fitness center staff member.

Turn your card into the black tray (on the front desk) at the end of every month.

Please use both sides of the card. Each card can be used for 4 months.

Use your highest point value activity for each day you workout.

You cannot combine two activities to receive more points.

3 points is the most points you may earn in a single day.

Earn bonus points by collecting point cards for participating in our events.

Once you earn 160, 320, and 560 points, ask the fitness center staff for your incentive prize