



IPSC OLYMPICFEST 2021



Go for the gold with all the Olympic athletes this year by joining the IPSC Olympicfest 2021 program. The program has lots of options to help you improve or maintain your health. You choose the events within the venues you want to participate in. You may also choose to participate in one, two, or three venues to attain a higher incentive. Each venue has several choices to choose from to allow for flexibility and to help you improve your lifestyle. The three venue categories are:

Venue 1 – Power Sports

The events in this category are based on strength training. Goals/activities could include: the 'lift a million' program; improve body fat or composition; strength train at least 15 minutes per day for a total specified number of days; or similar *goal of your choice.

Venue 2 – Endurance Sports

The events in this venue will be cardiovascular in nature. Goals/activities could include: 30 minutes x 45 days, or specified total minutes of cardiovascular endurance; ride your bike so many miles or days; improve one fitness level in a fitness test; walk so many miles; train for a 5k, 10k, half or full marathon; or similar *goal of your choice. You may use Prove-It Initiative for this, or skip this and get a gift card for Prove-It but not both.

Venue 3 – Training Table

The events in this venue involve nutrition. Goals/activities could include: consume 5 servings of fruits and vegetables for a total of 45 days; 8 servings of fruits and vegetables and/or high fiber foods for 45 days; or 300 servings or something similar; keep calories to a certain level each day; lose 10-15 pounds; quit a bad habit and replace it with a healthy one; or similar *goal of your choice.

**If you choose your own goal, it needs to be something that makes you reach or go beyond a current habit to obtain rather than something you already do regularly.*



Awards



There are 3 levels of incentives: Gold, Silver, and Bronze. You choose your level of participation.

Bronze
\$15 gift card

Complete one activity in the venue of your choice.

Silver
\$30 in gift cards

Complete one activity from at least two different venues.

Gold
\$45 in gift cards

Complete at least one event in each venue.

Program begins July 5, 2021, goes when you complete it. **Goals should not be completed in less than 8 weeks.** As always, you may turn in your tracking log any time or have additional time, if needed, to complete your goals. Contact Brian with any questions.

IPSC OLYMPICFEST 2021 - VENUE TRACKING LOG



Name: _____

Venue 1 – Strength Training

Activity Choice or Goal:

Venue 2 – Cardiovascular Endurance

Activity Choice or Goal:

Venue 3 – Training Table

Activity Choice or Goal:

Complete 1, 2, or 3 venues. Record the appropriate item (time, check mark, number of veggies, etc.) on the chart for each day a goal or activity is completed.

| July | 4 | 5 | 6 | 7 | 8 | 9 |
|-------|----|----|-------------|----|----|----|
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 1 Aug | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 September | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 1 Aug | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 September | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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