

# ALL NEW Pre-Hunt Conditioning and Reach Your Fitness Peak

**RULES:** Both programs are open to employees and spouses.

- Start anytime beginning July 10, 2023, (no cutoff date to start).
- No deadline to finish. Take the time you need.
- You may do one of these programs not both.
- When completed, turn form in to receive a \$15 gift card.

## Pre-Hunt Conditioning Program



**PART A – Complete all of the following:**

- ✓ Participate in 1200 minutes of cardiovascular/aerobic-type exercise.
- ✓ Attend two IPSC Health Fair lunch-time classes; if spouse or shift worker, read approved article, pass a quiz, and turn quiz in to receive credit.

**PART B – Complete all of the following:**

Pretest two of the following: Max number of pushups, sit-ups, dips, or pull-ups.

- ✓ Work on and improve strength over a 10-week period and demonstrate improvement in each of the pretested categories.

## Reach Your Fitness Peak Program



**PART A – Complete all of the following:**

- ✓ Take a pre-fitness test (available outside Brian's office or online).
- ✓ Over a two-month period, work on improving your fitness.
- ✓ Take a post-fitness test after 10 weeks demonstrating fitness or improved fitness. Forms outside Brian's office or @ ipsc.com.

**PART B – Complete the following:**

- ✓ Consume 150 servings of green leafy vegetables.

## Tracking Log

Name: \_\_\_\_\_

Program (circle one) **PRE-HUNT** **REACH YOUR FITNESS PEAK**

### PART A

#### Nutrition or Exercise Log

**Write the number of minutes of exercise and/or servings of green leafy vegetables for each day.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Grand Total							

### PART B

Pre-Hunt Pretests (record number completed)    Pushups \_\_\_\_\_    Sit-ups \_\_\_\_\_    Dips \_\_\_\_\_    Pull-ups \_\_\_\_\_

Pre-Hunt Posttest (record number completed)    Pushups \_\_\_\_\_    Sit-ups \_\_\_\_\_    Dips \_\_\_\_\_    Pull-ups \_\_\_\_\_

Reach Your Peak Pretest \_\_\_\_:\_\_\_\_    Time to Walk 1 mile \_\_\_\_\_    15-Second Heart Rate Score \_\_\_\_\_    Rating \_\_\_\_\_

Reach Your Peak Pretest \_\_\_\_:\_\_\_\_    Time to Walk 1 mile \_\_\_\_\_    15-Second Heart Rate Score \_\_\_\_\_    Rating \_\_\_\_\_

#### Nutrition or Exercise Log

**Write the number of minutes of exercise and/or servings of green leafy vegetables for each day.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Grand Total							