Get Fit — I Am Fit

- The Program is simple: Take a pre-fitness test (Rockport walk test, directions on line or outside Brian's office, or schedule a fitness test with the health analyst). If you test in the fit category (65 or average) you will receive a gift card upon turning in the scoresheet.

- If you test below 65 or average, then follow a cardio-fitness program for 6 weeks. Show improvement in a retest to receive a gift card. No deadline.

- Or perform 700 minutes of exercise.

Name: _____

Pre-Fitness Score/Rating ____/____ (If score is 65 or higher—turn in for a gift card.)

(*Only needed if score is below 65 in pre-test.) Post-Fitness Score/Rating ____/_____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
							Grand Total: _____