Play **FITGO** in the month of May for your chance to win!



See details on reverse side.

	Name:			нн:	
Phone:		Email:			
	F	1	T	G	0
	Drink water as your only	Work out with a friend!	Eat no fast food for	Eat fresh vegetables	Switch it up! Visit TC or WRC, which ever
	fluid intake for 1 day.	Bring a guest to your home Fitness Center.	3 days in a row.	with your dinner.	Facility you don't normally attend.
	Pick up your Summer Passport to Fun!	Participate in a Mind-Body exercise class.	Do an activity together with family or friends.	Eat fresh fruit with your breakfast.	Do a small group training class or take a group exercise class.
	Drink no soda for 3 days in a row.	Write a personal goal and complete it by May 31.	Post a selfie on social media of you at TC or WRC. Must tag @heparks and #fitgo	Get 8 hours of sleep for 3 days in a row.	Complete a food journal for one day. (DETAILS ON BACK)
	Try a new class by dropping-in for free! (DETAILS ON BACK)	Submit a question for the Personal Trainer at the Front Desk!	Stretch for 15 minutes for 3 days in a row.	Complete a strength training workout.	Participate in an outdoor activity.
	Take a walk in the park! Check-in on social media and tag @heparks and #fitgo	Share a healthy recipe on social media and tag @heparks and #fitgo	Complete 30 minutes of cardiovascular exercise in 1 day	Tell a staff member why you love your TC or WRC fitness center.	Introduce yourself to 3 members you don't know, by May 31.

How to FITGO



- The objective of the challenge is to check the circles in each activity square on the FITGO card that you complete.
- Complete five activities to form a row, column, or diagonal and get a raffle entry for a prize, including a free month or free (30 min) training session.
- Complete the whole board for an additional raffle entry.
- Each completed activity counts once. No double counting.
- Challenge begins May 1 and runs through May 31.
- Turn in your FITGO card when completed at the Front Desk.
- Tasks can be completed at either TC or WRC facility or any HE Parks park.
- To fill in the drop-in class circle, attend a fitness class for free at either TC or WRC. For more information see the Front Desk. Limit one class per person in May 2019.

Fill out the Food Journal below to complete the "Food Journal" circle on front.

Time of Day	Type of Food	Type of Drink	Estimate Amount (cups/ounces)

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