



Challenge: Spring into Fitness



• personal wellness program from SNA •

Temperatures are rising and the plants are popping up. It's time to spring into action! Take a walk, try out a new fitness class or find a local trail near your home to add some more exercise to your daily routine.

Instructions: Give yourself five (5) points for every 30-minute session of walking, jogging, biking, yoga, or other exercise you do this month. Tally your points in the calendar below.

Name _____ Member Number _____ State _____

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Earned 50 points? Submit your points online at www.schoolnutrition.org/steps by May 4 to be entered in the prize drawing.

Total Points for the Month:

Sponsored by:



Note: The STEPS Challenge is not intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.