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100% Fitness Challenge Log Instructions

Beginning on January 5, and continuing for 12 consecutive weeks, Oklahoma Gazette challenges you to become healthier in 2015. The 100% challenge is self-paced and on the “honor system.” No cheating! Print this weekly log and track your points and journal your activities. You will need about 8 to 9 percentage points a week to total 100%.

For example, here’s how it works:

1% = 30 minutes of briskly walking & sticking to your daily nutrition goals (low impact)

2% = 30 minutes of jogging (moderate impact)

3% = 30 minutes of kickboxing (high impact)

Of course, these are just examples, you can plug in whatever type of activity suits you just as long as you’re moving. For instance, if you walk briskly for an hour, you can count it as 2%.

In addition to this log, we’re going to help you track your steps on a handy Ready, Gazette, GO! pedometer! You can pick up your free pedometer at our sponsor locations or right at the Oklahoma Gazette for signing up to participate in the challenge. Some institutions recommend walking 10,000 steps to reap the benefits of health. We suggest you do what makes you feel comfortable, but challenge yourself.

At the end of the 12 weeks, we are hosting an event from 11am to 4pm, Saturday, March 28, in the beautiful downtown Myriad Botanical Gardens to celebrate your success!

READY, Gazette GO!

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100% Fitness Challenge Log

Week: 12

Fitness Tips of the Week

Brought to you by:



Point Log & Journal

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Learn the difference between Bio-identical and Synthetic Hormones. Synthetic hormones are chemically manufactured and are more likely to have adverse side effects. Bio-identical are natural, plant-based hormones that match your body's hormones. The Broadway Clinic uses bio-identical for safe and natural hormone replacement.

For More Health Tips Visit:
www.broadwayclinic.com



Exercise and diet may not be enough to feel real energy. Hormone deficiency is often the root cause of low energy. BHRT gives back that vitality, focus, mental acuity, lean muscle mass and libido. Optima Weight & Wellness have experts in hormone replacement.

For More Health Tips Visit:
www.opt-ima.com

Goals

12 Week Goal = 100%

Week Actual: _____%

Week Goal: _____%

Total to Date: _____%