



2022 Medical Fitness Week Challenge Card

Name: _____ Phone: _____ Email: _____

Your goal is to move at least 150 minutes this week!

Complete as many activity challenges as you can in one week. Exercises do not have to be completed in order.

Write date of completion in each square when accomplished.

TOTAL MINUTES:

M O V E 1 5 0

_____	_____	_____	_____	_____	_____	_____
Arm Ergometer 30 min	Any Group Exercise Class 30 - 60 minutes	Stretch 10 minutes	Bike 20 minutes	Elliptical 15 minutes	Walk 30 minutes	Any Cardio 20 minutes
_____	_____	_____	_____	_____	_____	_____
Swim 20 minutes	Strength Train 15 minutes	Bike 20 minutes	Any Cardio 20 minutes	Walk 30 minutes	Strength Train 20 minutes	Any Group Exercise Class 30-60 minutes
_____	_____	_____	_____	_____	_____	_____
Stretch 10 minutes	Bike 20 minutes	Strength Train 20 minutes	Walk 15 minutes	Insert your facility special event or class	Elliptical 30 minutes	Strength Train 20 minutes
_____	_____	_____	_____	_____	_____	_____
Walk 40 minutes	Elliptical or Crossover 15 minutes	Walk 20 minutes	BONUS Eat 2 Fruits & 2 Veggies Today	Any Cardio 20 minutes	Walk 30 minutes	Any Cardio 30 minutes
_____	_____	_____	_____	_____	_____	_____
Core Work 20 minutes	Zumba or Walk 45 minutes	Elliptical or Crossover 30 minutes	Bike 20 minutes	Strength Train 15 minutes	Core Work 10 minutes	Stretch 10 minutes
_____	_____	_____	_____	_____	_____	_____
Any Group Exercise Class or Walk 30 minutes	Core Work 10 minutes	Bike 30 minutes	Strength Train 20 minutes	Any Group Exercise Class 30-60 minutes	Bike 15 minutes	Strength Train 15 minutes
_____	_____	_____	_____	_____	_____	_____
NuStep 20 minutes	Elliptical 15 minutes	Walk 15 minutes	Any Group Exercise Class 45-60 minutes	Strength Train 20 minutes	Any Cardio 20 minutes	Walk 15 minutes

Turn in completed card at the front desk by Friday, May 20, 2022 or email card to Neva Avery at neva.avery@unchealth.unc.edu

UNC Wellness member-Meadowmont

UNC Wellness member-Northwest Cary

UNC Health Employee (indicate location): _____

Meadowmont community participant

Northwest Cary community participant

