

# Sports West's November Fitness Challenge **MAKE YOUR MOVE** Activity Log

Participate in the Movember® Foundation's **Move for Movember®** program, & **WIN PRIZES!**

## THE CHALLENGE:

Set a distance. *(Be sure to set a challenging distance!)*

Pick a mode of movement, *(eg. swimming, treadmill, stepmill, cycle, row machine, elliptical)*, and keep going til you get there!

Take as many days as you need until **Nov. 30th, 2017.**

GOAL DISTANCE	EXERCISE

## November, 2017

DATE	DISTANCE COVERED
1	
2	
3	
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DATE	DISTANCE COVERED
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	



Questions? Ask any of our Sports West fitness coaches for help!