



iWALK Challenge @ Work Group Fitness Tool

Group fitness helps you stick to your exercise routine! Recruit your friends & coworkers.

- #1: Make sure everyone is registered online: iwalksonoma.org (click on iWALK Challenge)
- #2: Log names of those participating below.
- #3: Have participants use the Personal Fitness Tracker to track their minutes.
- #3: Put a ★ on the chart for those who achieve the goal each week.
- #4: Any form of exercise counts. Do it as a group or as an individual.
- #5: Mark your calendar to participate as a team in the the Human Race on May 7th.

Name	Goal # min	WEEK #												
		1	2	3	4	5	6	7	8	9	10	11	12	13

Share your fitness success stories to iWalk@volunteernow.org!