

|                                                   |                                                  |                  |                                             |                                         |
|---------------------------------------------------|--------------------------------------------------|------------------|---------------------------------------------|-----------------------------------------|
| <b>B</b>                                          | <b>I</b>                                         | <b>N</b>         | <b>G</b>                                    | <b>O</b>                                |
| YOGA                                              | ASK<br>FITNESS<br>STAFF A<br>FITNESS<br>QUESTION | GOT A<br>MASSAGE | TOOK<br>STAIRS<br>INSTEAD<br>OF<br>ELEVATOR | RAN A<br>MILE IN<br>UNDER 10<br>MINUTES |
| DRANK<br>1/2 BODY<br>WEIGHT<br>IN WATER           | WORKED<br>WITH<br>PERSONAL<br>TRAINER            | SPIN             | ATTENDED<br>HEALTH<br>FAIR                  | STRECHED<br>AFTER<br>WORKOUT            |
| WEIGHED<br>IN AT<br>FITNESS<br>CENTER             | YOGA FOR<br>ATHLETES                             | FREE             | BOOT<br>CAMP                                | HAD A<br>GREEN<br>SMOOTHIE              |
| PILATES                                           | TREADFI<br>T                                     | PIYO             | HAD 3<br>SERVINGS<br>OF GREEN<br>VEGGIES    | SLOW<br>FLOW<br>YOGA                    |
| GOT BODY<br>MEASUREMENTS<br>AT WELLNESS<br>CENTER | CORE<br>CYCLE                                    | SPIN-RUN-SWIM    | YOGA<br>FOR<br>GOLF                         | GENTLE<br>TONE                          |

|                                 |                      |                                 |                                |                                          |
|---------------------------------|----------------------|---------------------------------|--------------------------------|------------------------------------------|
| <b>B</b>                        | <b>I</b>             | <b>N</b>                        | <b>G</b>                       | <b>O</b>                                 |
| YOGA FOR ATHLETES               | ATTENDED HEALTH FAIR | TOOK STAIRS INSTEAD OF ELEVATOR | DRANK 1/2 BODY WEIGHT IN WATER | SPIN                                     |
| GOT A MASSAGE                   | YOGA FOR GOLF        | RAN A MILE IN UNDER 10 MINUTES  | CORE CYCLE                     | STRECHED AFTER WORKOUT                   |
| PILATES                         | BOOT CAMP            | <b>FREE</b>                     | HAD A GREEN SMOOTHIE           | ASK FITNESS STAFF A FITNESS QUESTION     |
| HAD 3 SERVINGS OF GREEN VEGGIES | SPIN-RUN-SWIM        | YOGA                            | GENTLE TONE                    | TREADFI<br>T                             |
| PIYO                            | SLOW FLOW YOGA       | WEIGHED IN AT FITNESS CENTER    | WORKED WITH PERSONAL TRAINER   | GOT BODY MEASUREMENTS AT WELLNESS CENTER |

|                                       |                                                  |                                             |                                         |                                                   |
|---------------------------------------|--------------------------------------------------|---------------------------------------------|-----------------------------------------|---------------------------------------------------|
| <b>B</b>                              | <b>I</b>                                         | <b>N</b>                                    | <b>G</b>                                | <b>O</b>                                          |
| CORE<br>CYCLE                         | SPIN-RUN-SWIM                                    | ATTENDED<br>HEALTH<br>FAIR                  | SLOW<br>FLOW<br>YOGA                    | BOOT<br>CAMP                                      |
| YOGA                                  | PILATES                                          | PIYO                                        | WORKED<br>WITH<br>PERSONAL<br>TRAINER   | RAN A<br>MILE IN<br>UNDER 10<br>MINUTES           |
| WEIGHED<br>IN AT<br>FITNESS<br>CENTER | GENTLE<br>TONE                                   | <b>FREE</b>                                 | TREADFI<br>T                            | HAD 3<br>SERVINGS<br>OF GREEN<br>VEGGIES          |
| YOGA FOR<br>ATHLETES                  | STRECHED<br>AFTER<br>WORKOUT                     | TOOK<br>STAIRS<br>INSTEAD<br>OF<br>ELEVATOR | YOGA<br>FOR<br>GOLF                     | GOT A<br>MASSAGE                                  |
| HAD A<br>GREEN<br>SMOOTHIE            | ASK<br>FITNESS<br>STAFF A<br>FITNESS<br>QUESTION | <b>SPIN</b>                                 | DRANK<br>1/2 BODY<br>WEIGHT<br>IN WATER | GOT BODY<br>MEASUREMENTS<br>AT WELLNESS<br>CENTER |