HUMBOLDT COUNTY WELLNESS PROGRAM

HUMBOLDT HEALTH SENSE – COMMIT TO BE HEALTHY

GYM MEMBERSHIP CHALLENGE – PERSONAL GOAL

Join one of the gyms in town and go at least 10 times a month from now through May 31, 2016. This will earn you 20 points for a personal goal. Register at the Planning Department before you begin. The gyms will keep logs of your attendance and send them to the Wellness Committee.

Gyms participating in the program are:

- CrossFit
- Fitness Zone
- Flex Fitness
- Humboldt Physical Therapy
- Kaia F.I.T.

If you work out on your own, you can still participate in this challenge. Register at the Planning Department before you begin and keep track of your own workouts on the log below. Turn it in at the end of each quarter (September 30, December 31, March 31 and May 31).

ACTIVITY	DATE	TIME