

March Madness Fitness Challenge

March 1 - 27

Track your wellness activities throughout the month
to be entered to win prizes!

Receive 1 entry for each activity completed.

A drawing for prizes will be conducted at the
March Madness Member Mingle
March 28th at 4:30pm
in the Sandcastle Group Fitness Room.

Visit the Front Desk to collect a punch per completed activity.
Return your completed entry form by 6pm on March 27th.

**Get 8
hours of
sleep**

**Walk
10K steps
in 1 day**

**Have a
vegetarian
day**

**Take
a yoga
class**

**Drink
64 oz. of
water in
1 day**

**Avoid
sugar for
1 day**

**Try a new
fitness
class**

**Eat no
processed
food for
1 day**



Name: _____