Additional tickets can be earned:

- Register Online by 1/7/23 (2 tickets) or In-person after 1/7/23 (1 ticket)
- Weigh In and Weigh Out (1 ticket each)

FOOD LOG (1/Week)	CARDIO 1 MILE OR 20 MIN (1/day)		DAREBEE WORKOUTS (1/Workout)	WEEKLY FITNESS EVENT (2/Event)	LEAGUE OR OPEN PLAY (1/Day)	
	Mon	Tue			Mon	Tue
	Wed	Thu			Wed	Thu
	Fri	Sat			Fri	Sat
	Mon	Tue			Mon	Tue
	Wed	Thu			Wed	Thu
	Fri	Sat			Fri	Sat
	Mon	Tue			Mon	Tue
	Wed	Thu			Wed	Thu
	Fri	Sat			Fri	Sat
	Mon	Tue			Mon	Tue
	Wed	Thu			Wed	Thu
	Fri	Sat			Fri	Sat
	Mon	Tue			Mon	Tue
	Wed	Thu			Wed	Thu
	Fri	Sat			Fri	Sat
	Mon	Tue			Mon	Tue
	Wed	Thu			Wed	Thu
	Fri	Sat			Fri	Sat

CALENDAR OF EVENTS

January 9	**MLK Unity Workout, 4:30pm - 5:30pm**
January 16	**Treasure Hunt (All Day)**
January 23	**Glow Flow Yoga, 4:30pm - 5:30pm**
January 30	**Survivor (Outwit, Outplay, Outlast), 4:30pm - 5:30pm**
February 6	**Valentine's Day Partner Workout, 4:30pm - 5:30pm**
February 13	**Ninja Warrior Course, 4:30pm - 5:30pm**

Scan or visit us at dsccmwr.com for more resources.

MAX FITNESS CHALLENGE 2024

_____

(name)

_____

(Weigh In, optional)

_____

(Weigh Out, optional)

Ticket Tracking

WEEK OF	WORKOUT DAYS (1/Day)		FITNESS CLASSES (2/Class)	BRING A FRIEND TO FITNESS (1/Day)	
Week 1	Mon	Tue		Mon	Tue
1/8 - 1/13	Wed	Thu		Wed	Thu
	Fri	Sat		Fri	Sat
Week 2	Mon	Tue		Mon	Tue
1/15 - 1/20	Wed	Thu		Wed	Thu
	Fri	Sat		Fri	Sat
Week 3	Mon	Tue		Mon	Tue
1/22 - 1/27	Wed	Thu		Wed	Thu
	Fri	Sat		Fri	Sat
Week 4	Mon	Tue		Mon	Tue
1/29 - 2/3	Wed	Thu		Wed	Thu
	Fri	Sat		Fri	Sat
Week 5	Mon	Tue		Mon	Tue
2/5 - 2/10	Wed	Thu		Wed	Thu
	Fri	Sat		Fri	Sat
Week 6	Mon	Tue		Mon	Tue
2/12 - 2/17	Wed	Thu		Wed	Thu
	Fri	Sat		Fri	Sat