

Memorial Day Workout Challenge



Here is a really easy way to earn points for your team this week. Workout on Memorial Day and earn 3 points for your team!

Option 1: Check into the club and workout for at least 20 minutes. Have staff initial time you came in. Fill out this sheet and leave in the Biggest Loser Box next to the scale (do not leave at the front desk).

Option 2: Participate in an organized walk/run (that takes place on Memorial Day). Attach your race bib or verified entry receipt from the event you participated on Memorial Day and leave in the Biggest Loser Box next to the scale OR take a picture at the event with your race bib and send to me via email at efaught@princetonclub.net.

Option 3: Participate in a recordable workout on your own for at least 20 minutes. Send me a picture of your completed workout from your tracker. Examples are map my run, runkeeper or a watch/ phone exercise tracker. This must show the date on it.

The club is open 24 hours as usual. I know many of us have plans but burning a few calories on this day will be extra important (but it also does not give you license to eat more.). Here is some extra motivation!

Copies of this form will be at the front desk.

Your name: _____

Your team: _____

Time you checked in: _____

Time you left: _____

Signature of Front Desk Staff: _____

IMPORTANT!!

For those who workout at the Princeton Club on Memorial Day, you must turn this sheet to the Biggest Loser box near the scale on Memorial Day after you have it signed. This will not be accepted late.

If you are participating in an event, you must turn in this sheet with your name on it and the race bib/verified entry stapled to it by Wednesday, May 29th.

Trackable workouts must be emailed to me by Wednesday, May 29th with the date of May 27th on the workout visible for me to see.

No late entries accepted!