

FEBRUARY FAT BURN WRAP UP

Add up all of your points: _____

Winners will be determined by both points and % of change in the body.
Winners will be announced at the beginning of March.

Look for a new brochure with new challenges to come out for March
Madness.

Contact Us

If you have any questions or comments, contact Christina Heilman.

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FEBRUARY FAT BURN



EO WELLNESS COMMITTEE

February 2018 Challenge



EO Wellness committee

222 E Davis St
Fayette, MO 65248

YOU HAVE TO KNOW WHERE YOU ARE AT TO KNOW WHERE YOU ARE GOING!

Take your starting measurements in the first days of January.

Take your starting weight (1 points) _____pounds

Waist measurement (1 point) _____inches

Chest measurement (1 point) _____inches

Hip measurement (1 point) _____inches

Arm measurement (1 point) _____inches

Thigh measurement (1 point) _____inches

Total Points _____

MOVE IT AND LOSE IT!

Get a point for every day you do one or both of the following:

- 10,000 steps
- 30 minute or more workout

Use the calendar below to mark your points. You can get 2 points per day if you do both! You can get pedometers at Walmart for cheap!

| | | | | | | |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

TOTAL POINTS _____

DO SOMETHING FUN!

- Post a sweaty selfie to the EO Wellness Facebook page. (25 points) _____
- Take a video of you and your team doing the Macarena in the produce section of C&R. (25 points) _____
- Bonus points if you can get a C&R employee to do the Macarena with you! (25 points) _____
- Lead a workout in the movement room after work! Let us know about it on Facebook. (25 points) _____
- Participate in a workout in the movement room after work. Post a pic on Facebook. (25 points) _____

Total Points _____

RESULTS!

Take your ending measurements in the last days of January.

Take your starting weight (1 points) _____pounds

Waist measurement (1 point) _____inches

Chest measurement (1 point) _____inches

Hip measurement (1 point) _____inches

Arm measurement (1 point) _____inches

Thigh measurement (1 point) _____inches

Total Points _____