



# Get Fit on Route 66

## MAY 11- JUNE 14

Get Fit on Route 66 is a 5-week fitness challenge that will take you on a fun, interactive journey across 2,448 miles of historic Route 66. You will track your progress by recording your exercise. Choose any physical activity you like, then, for every minute of exercise you log, you'll travel 3 miles along Route 66. You can also earn extra miles once per week by completing bonus activities.

The challenge starts May 11th and ends June 14th. During the five week challenge your goal is to log at least 30 minutes of physical activity each day, five days a week. If you want more of a challenge go for a round trip!

At the completion of the 5-weeks, recording logs can be submitted virtually or if open, in the facility.

#### **Extra miles may be added one time per week:**

- Take a pit stop and like us or comment on our Facebook page= 20 miles
- Watch a healthy roadside video = 20 miles
- Virtual road trip with a buddy (Workout with a friend, neighbor, child, dog) = 20 miles
- Take a virtual class= 20 miles

#### **Prizes:**

- Halfway: 1,224 miles = Water Bottle
- Route 66: 2,448 miles = Raffle for grand prizes
- Grand prizes: Firestarter personal training package (used at NW Cary), massage, or resting metabolic rate test



# GET FIT ON ROUTE 66 RECORDING LOG



<b>Week 1:</b>	<b>Minutes of Physical Activity or Extra Miles</b>	<b>Multiply by 3 Miles</b>	<b>Total Miles Completed</b>
<b>Monday, May 11</b>		<b>X 3</b>	
<b>Tuesday, May 12</b>		<b>X 3</b>	
<b>Wednesday, May 13</b>		<b>X 3</b>	
<b>Thursday, May 14</b>		<b>X 3</b>	
<b>Friday, May 15</b>		<b>X 3</b>	
<b>Saturday, May 16</b>		<b>X 3</b>	
<b>Sunday, May 17</b>		<b>X 3</b>	

UNC Wellness Centers

Total miles this week: \_\_\_\_\_

<b>Week 2:</b>	<b>Minutes of Physical Activity or Extra Miles</b>	<b>Multiply by 3 Miles</b>	<b>Total Miles Completed</b>
<b>Monday, May 18</b>		<b>X 3</b>	
<b>Tuesday, May 19</b>		<b>X 3</b>	
<b>Wednesday, May 20</b>		<b>X 3</b>	
<b>Thursday, May 21</b>		<b>X 3</b>	
<b>Friday, May 22</b>		<b>X 3</b>	
<b>Saturday, May 23</b>		<b>X 3</b>	
<b>Sunday, May 24</b>		<b>X 3</b>	

UNC Wellness Centers

Total miles this week: \_\_\_\_\_

<b>Week 3:</b>	<b>Minutes of Physical Activity or Extra Miles</b>	<b>Multiply by 3 Miles</b>	<b>Total Miles Completed</b>
<b>Monday, May 25</b>		<b>X 3</b>	
<b>Tuesday, May 26</b>		<b>X 3</b>	
<b>Wednesday, May 27</b>		<b>X 3</b>	
<b>Thursday, May 28</b>		<b>X 3</b>	
<b>Friday, May 29</b>		<b>X 3</b>	
<b>Saturday, May 30</b>		<b>X 3</b>	
<b>Sunday, May 31</b>		<b>X 3</b>	

**UNC Wellness Centers**

**Total miles this week: \_\_\_\_\_**

<b>Week 4:</b>	<b>Minutes of Physical Activity or Extra Miles</b>	<b>Multiply by 3 Miles</b>	<b>Total Miles Completed</b>
<b>Monday, June 1</b>		<b>X 3</b>	
<b>Tuesday, June 2</b>		<b>X 3</b>	
<b>Wednesday, June 3</b>		<b>X 3</b>	
<b>Thursday, June 4</b>		<b>X 3</b>	
<b>Friday, June 5</b>		<b>X 3</b>	
<b>Saturday, June 6</b>		<b>X 3</b>	
<b>Sunday, June 7</b>		<b>X 3</b>	

**UNC Wellness Centers**

**Total miles this week: \_\_\_\_\_**

<b>Week 5:</b>	<b>Minutes of Physical Activity or Extra Miles</b>	<b>Multiply by 3 Miles</b>	<b>Total Miles Completed</b>
<b>Monday, June 8</b>		<b>X 3</b>	
<b>Tuesday, June 9</b>		<b>X 3</b>	
<b>Wednesday, June 10</b>		<b>X 3</b>	
<b>Thursday, June 11</b>		<b>X 3</b>	
<b>Friday, June 12</b>		<b>X 3</b>	
<b>Saturday, June 13</b>		<b>X 3</b>	
<b>Sunday, June 14</b>		<b>X 3</b>	

**UNC Wellness Centers**

**Total miles this week: \_\_\_\_\_**

	<b>Total Miles per Week</b>
<b>Week 1: May 11- 17</b>	
<b>Week 2: May 18-24</b>	
<b>Week 3: May 25-31</b>	
<b>Week 4: June 1-7</b>	
<b>Week 5: June 7-14</b>	
<b>Total Miles Completed on Route 66:</b>	