

60/60 Challenge

Healthy Workplace invites you to take part in the new 60/60 Challenge! During the month of July, you will complete 60 seconds of an exercise of your choice every 60 minutes during your workday, for a total of 8 rounds per day.

My Name: _____

My Exercise: _____

Date	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
Monday, July 5								
Tuesday, July 6								
Wednesday, July 7								
Thursday, July 8								
Friday, July 9								
Monday, July 12								
Tuesday, July 13								
Wednesday, July 14								
Thursday, July 15								
Friday, July 16								
Monday, July 19								
Tuesday, July 20								
Wednesday, July 21								
Thursday, July 22								
Friday, July 23								
Monday, July 26								
Tuesday, July 27								
Wednesday, July 28								
Thursday, July 29								
Friday, July 30								

Submit your completed tracking card to healthyworkplace@carleton.ca by Friday, August 6 for your chance to win prizes!