



New Year! New You! 2022 Fitness Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<input type="checkbox"/> Bike (5 miles) 1 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class
<input type="checkbox"/> Bike (5 miles) 2 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 3 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 4 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 5 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 6 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 7 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 8 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class
<input type="checkbox"/> Bike (5 miles) 9 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 10 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 11 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 12 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 13 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 14 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 15 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class
<input type="checkbox"/> Bike (5 miles) 16 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 17 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 18 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 19 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 20 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 21 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 22 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class
<input type="checkbox"/> Bike (5 miles) 23 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 24 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 25 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 26 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 27 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 28 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 29 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class
<input type="checkbox"/> Bike (5 miles) 30 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class	<input type="checkbox"/> Bike (5 miles) 31 <input type="checkbox"/> Walk (2.5 miles) <input type="checkbox"/> Run (2.5 miles) <input type="checkbox"/> Workout (60 min) <input type="checkbox"/> Fitness Class			Name: _____ Phone: _____		

To be eligible to win the grand prize, you must complete one fitness challenge per day for the entire month. Completed trackers must be emailed to fortbraggmwr@yahoo.com no later than February 4, 2022. For full rules and prizes, visit bragg.armymwr.com