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Oct 1st- Oct 31st

The Up Beat Challenge invites you to do 500 minutes of cardio exercise over the next 30 days that's 125 minutes a week or 17 minutes a day. The goal of cardio exercise is to raise your heart rate for 20 minutes or more at a time. Typically cardio exercise include swimming, biking, brisk walking, running, and dancing, but you can do pretty much anything that gets your heart pumping for an extended period of time. Cardio in the morning is a great way to jump start your day. **TO COMPLETE THE CHALLENGE, TRACK 'YES' EVERY DAY OF THE MONTH.**

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

I've completed the challenge!

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org