

Face Your Life 2011
Week: 7 February 21 - 27

Name: _____
Team #: _____ **Team Name:** _____

Due to the President's Holiday, we are very busy from Friday, February 18 – Sunday, February 27. So with that said we are going to keep it simple this week. There is nothing to read, no quizzes, no goofy stuff to do, etc....Just workout. And because our gym might be a little extra crowded; there will be no limits on home workouts. All workouts, home and gym, will count for points.

The aerobic class schedule will remain the same.

Exercise Points: 15 minutes = 25 points/ Limit 2-hours a day = 200 points

Please list your activity followed by the amount of time for each activity:

Monday, February 21: _____	total _____
Tuesday, February 22: _____	total _____
Wednesday, February 23: _____	total _____
Thursday, February 24: _____	total _____
Friday, February 25: _____	total _____
Saturday, February 26: _____	total _____
Sunday, February 27: _____	total _____

Total Workout Points (should not exceed 1,400 points): _____

Total Points for Week #7: _____

Good Luck!

Mark your Calendars for Thursday, March 24
Face Your Life Awards Ceremony/Party
At the Inn
6pm
Everyone brings a dish!

Just an FYI: On Wednesday March 2nd – Blake is not available to teach.

Marcia will be teaching a Combo Class – Cardio, Strength, and Flexibility
6:30pm – 7:15pm

Therefore there will NOT be 2 classes - Just 1 Class.