

**• VIRTUAL •**

**3 DAY CHALLENGE**

OCTOBER 1<sup>st</sup> – 31<sup>ST</sup>

**Directions:** Mark the challenges you complete for each day of the week. At the end of the 30-Day challenge, sign the bottom and return to a Fitness Specialist. Completing all 30 days of the challenge earns each participant an entry into our prize raffle. We will be drawing 10 names at the completion of the program. To earn bonus entries, you can post photos onto our BP Houston Fitness Center Yammer site.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				___ Lifestyle Tip <input type="checkbox"/> ___ Strength Workout	___ Fitness Hack <input type="checkbox"/> ___ Fusion Workout	___ Bonus Workout Cardio <input type="checkbox"/>
	___ Nutrition Tip <input type="checkbox"/> ___ Cardio Workout	___ Flexibility Tip <input type="checkbox"/> ___ Strength Workout	___ Mind/Body Tip <input type="checkbox"/> ___ Cardio Workout	___ Lifestyle Tip <input type="checkbox"/> ___ Strength Workout	___ Fitness Hack <input type="checkbox"/> ___ Fusion Workout	___ Bonus Workout Strength <input type="checkbox"/>
	___ Nutrition Tip <input type="checkbox"/> ___ Strength Workout	___ Flexibility Tip <input type="checkbox"/> ___ Cardio Workout	___ Mind/Body Tip <input type="checkbox"/> ___ Strength Workout	___ Lifestyle Tip <input type="checkbox"/> ___ Cardio Workout	___ Fitness Hack <input type="checkbox"/> ___ Fusion Workout	___ Bonus Workout Cardio <input type="checkbox"/>
	___ Nutrition Tip <input type="checkbox"/> ___ Cardio Workout	___ Flexibility Tip <input type="checkbox"/> ___ Strength Workout	___ Mind/Body Tip <input type="checkbox"/> ___ Cardio Workout	___ Lifestyle Tip <input type="checkbox"/> ___ Strength Workout	___ Fitness Hack <input type="checkbox"/> ___ Fusion Workout	___ Bonus Workout Strength <input type="checkbox"/>
	___ Nutrition Tip <input type="checkbox"/> ___ Strength Workout	___ Flexibility Tip <input type="checkbox"/> ___ Cardio Workout	___ Mind/Body Tip <input type="checkbox"/> ___ Strength Workout	___ Lifestyle Tip <input type="checkbox"/> ___ Cardio Workout	___ Fitness Hack <input type="checkbox"/> ___ Fusion Workout	___ Bonus Workout Cardio <input type="checkbox"/>
<b>Participants Signature:</b>			<b>Fitness Specialist Contacts:</b> <a href="mailto:Stephen.Salazar@bp.com">Stephen.Salazar@bp.com</a> , <a href="mailto:Shavonna.Lewis@bp.com">Shavonna.Lewis@bp.com</a> , <a href="mailto:Quinn.Hogan@bp.com">Quinn.Hogan@bp.com</a> , <a href="mailto:Tara.Evans@bp.com">Tara.Evans@bp.com</a> , <a href="mailto:Katie.Sanchez1@bp.com">Katie.Sanchez1@bp.com</a>			