



2024

Pump It Up!

Crowley Recreation Center

Name _____ T-Shirt size _____

***Complete at least 3 milestones to receive a free CRC T-Shirt**

CHALLENGES	WEEK 1 (12th-16th)	WEEK 2 (19th-23th)	WEEK 3 (26th-1st)	WEEK 4 (4th-8th)	WEEK 5 (11th-15th)	WEEK 6 (18th-22th)
Drink 64 oz. of water						
Post a picture on Instagram #pumpinthru2024.						
Walk/Run outside a total of 6 miles each week.						
30 min Cardio workout 3 times a week.						
30 min strength workout 3 times a week.						
3 servings of fruit/vegetables 3 times a week.						
At least 1 hour of outdoor time every day for 6 weeks.						
Get 10K steps a day at least 4x a week.						
Hold a plank for as long as possible, record your time. Add 10 more seconds to your planking time each week.						

Explore at least 3 new walking trails in or around your surrounding area. What new trails did you try?

*Challenge is open to members only *Form must be turned in by March 25, 2024

