



12 DAYS OF FITNESS 2014

**GIVE YOURSELF
THE GIFT OF
HEALTH THIS
HOLIDAY SEASON!**



Bee-Fit challenges you to exercise at least 12 days during the month of December for at least 30 minutes each day.

*Use the attached exercise calendar to log the type and duration of exercise you performed each day. If you succeed in this challenge, your name will be entered to win one of **three Visa gift cards (valued at \$100, \$150, \$250)** courtesy of Bee-Fit.*

****To be eligible you **MUST** register by November 28, complete the 12 day challenge **AND** submit your exercise calendar by January 9, 2014. **NO exceptions.******

Register NOW!

Please complete the following and submit by November 28
to Lisa Banotai via fax: 612-1488 or email: BanotaiL@stlouis-mo.gov.

Name _____

Location _____

Work Phone _____

Email _____

Signature _____ Date _____





GIVE YOURSELF THE GIFT OF HEALTH THIS HOLIDAY SEASON!



Bee-Fit challenges you to exercise at least 12 days during the month of December for at least 30 minutes each day.

DECEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Circle the dates you exercise on the calendar above and list the duration and activities performed on the lines below. Provide your name and location and email this form to Lisa Banotai at BanotaiL@stlouis-mo.gov or fax to 314-612-1488 **NO LATER THAN 3 p.m. January 9, 2014.**

Day:	Type(s) of Exercise:	Duration:
1		
2		
3		
4		
5		
6		

Day:	Type(s) of Exercise:	Duration:
7		
8		
9		
10		
11		
12		

Name _____ Location _____