

Turkey Day Check-In Challenge



Here is a really easy way to earn points for your team this week. Workout on Thanksgiving and earn 2 points for your team!

Option 1: Check into the club and workout for at least 20 minutes. Have staff initial time you came in. Fill out this sheet and leave in the Biggest Loser Box next to the scale

Option 2: Participate in an organized walk/run (that takes place on Thanksgiving). Attach your race bib or verified entry receipt from the event you participated on Thanksgiving Day (for example, the Turkey Trot) and leave in the Biggest Loser Box next to the scale. You can even send me an email with a picture of you from the race as proof instead!

Option 3: Participate in a recordable workout on your own for at least 20 minutes. Send me a picture of your completed workout from your tracker. Examples are map my run, runkeeper or a watch/ phone exercise tracker. The tracker must show the date and total time.

The club is open the entire morning until 12:00 pm noon with no entry after 11:30 am. I know many of us have plans but burning a few calories on this day will be extra important (but it also does not give you license to eat more.). Here is some extra motivation!

Copies of this form will be at the front desk.

Your name: _____

Your team: _____

Time you checked in: _____

Time you left: _____

Signature of Front Desk Staff: _____

IMPORTANT!!

For those who workout at the Princeton Club on Thanksgiving Day, you must turn this sheet to the Biggest Loser box near the scale on Thanksgiving Day after you have it signed.

If you are participating in an event or at home trackable workout, you must turn in this sheet with your name on it and the race bib/verified entry stapled to it or email me proof by Sunday, Nov 30th. I suggest sending that day if you can so you do not forget!

No late entries accepted!