

AIM to MAINTAIN



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Point Calculations
WEEK 1 Cardio Class/Exercise Bonus Week	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24	Nov 25	Nov 26	
WEEK 2 Strength Class/Exercise Bonus Week	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1	Dec 2	Dec 3	
WEEK 3 Aqua Class/Exercise Bonus Week	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8	Dec 9	Dec 10	
WEEK 4 Dance Class/Exercise Bonus Week	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15	Dec 16	Dec 17	
WEEK 5 Cycle Class/Exercise Bonus Week	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22	Dec 23	Dec 24	
WEEK 6 Mind/Body/Soul/ Flexibility Bonus Week	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29	Dec 30	Dec 31	

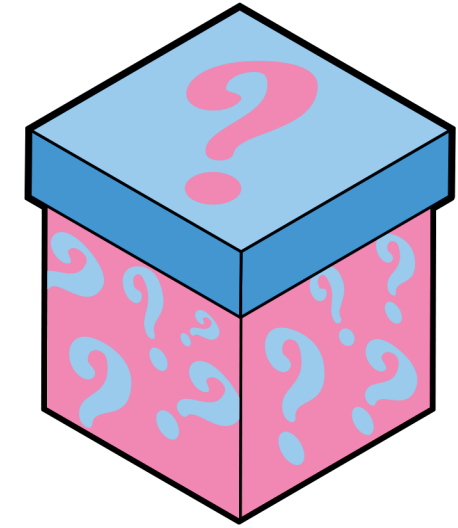
GOALS SET:

GOALS MET:

OVERALL TOTAL:

Ways to Earn Entries for Prize Drawings:

- Fill out "Goals Set" and "Goals Met" on your Aim to Maintain Calendar = 1 entry each
- Track all of your workouts including live and virtual classes at the Kroc = 1 entry per class
 - Track other indoor exercise (treadmill, elliptical, machines, etc.) = 1 entry
 - Track outdoor exercise (walking, running, other outdoor recreation) = 1 entry
- Bonus Week entries = 2x entries for each Bonus Week class or activity completed
- Spread the Love - Invite a friend to work out with you at the Kroc or wherever you are = 1 entry
 - A friend becomes a Kroc member = 2x entry per friend
- *Connect with us on the Aim to Maintain 2023-2024 Facebook Page - We want to hear how you are progressing:*
 - o Post a picture of yourself with your favorite workout friend or in your favorite workout space on the Aim to Maintain 2023-2024 Facebook Page = 1 entry per connection post
 - o Comment on discussion questions or Kroc videos posted on the Aim to Maintain 2023-2024 Facebook Page = 1 entry per post



**Submit the completed Goal Sheet between January 2nd-8th to
The Kroc Center of Memphis front desk**

or

scan and email to faith.rawley@uss.salvationarmy.org.

JOIN THE FACEBOOK GROUP!

Scan the QR Code



Or visit

facebook.com/groups/kroca2m

N A M E : _____

E M A I L : _____

P H O N E # : _____

Add me to Kroc Newsletter

O R G A N I Z A T I O N :

- Kroc Memphis
- Baptist
- Salvation Army
- Employee (Kroc/Salvation Army)