

AIM ^{TO} MAINTAIN



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

GOALS SET:

GOALS MET:

OVERALL TOTAL:

Ways to Earn Entries:

- 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**
- Record a before and after biometric measurement (weight, muscle %, body fat %, etc.)** = **1 entry**
- 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**



Join the Facebook Group!

Connect with us on the Aim to Maintain 2024-2025 Facebook Page - We want to hear how you are progressing!

DEADLINE TO SUBMIT CALENDARS WILL BE TUESDAY, JANUARY 7TH AT THE KROC CENTER OF MEMPHIS

OR SCAN AND EMAIL TO FAITH.RAWLEY@USS.SALVATIONARMY.ORG. **CONTACT FAITH RAWLEY FOR MORE DETAILS.

NAME: _____

EMAIL: _____

PHONE #: _____

CITY & STATE: _____

ORGANIZATION:

Employee (Kroc/Salvation Army)

Kroc Memphis Salvation Army

Baptist

Other _____

Add me to Kroc Newsletter