

# AOK! March Motivation Point Challenge

Name: \_\_\_\_\_ Total PTs: \_\_\_\_\_

Here's a challenge that can add up to BIG RESULTS! Everyone can play and earn points for tasks completed daily throughout the month of March. Some are physical, some take you out of your comfort zone, some are social and some require sharing what you love by playing together. You must at some point grab an instructor or deskperson to verify your challenge completion and they'll add the points. As you play and tally points your tracker becomes your entry. You'll enter based on point tiers, there a total possible of 155 points on this sheet, Here's what you are playing for and you'll be entered for 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place drawings based on your point totals at the end of the March 3<sup>rd</sup> place entry 1-50 points- 1 doz. Protein Bites of your choices from OMG! Granola plus a GC for \$20 to MTH Wellness

2<sup>nd</sup> place entry 51 to 110 points-2 doz. Protein Bites and AOK! \$25 GC to aokfitness.shop & \$25 GC off Membership fees or FREE PT Session w/Instructor of your choice.

1<sup>st</sup> place entry 111 to 155 plus -1 month supply of Protein Bites. \$50 GC to aokfitness.shop - A Private Workout Class of your choice with up to 20 of your friends/family with your favorite instructor!! Plus you'll personally design our Good Friday Workouts for Friday, April 10<sup>th</sup> at both 5:30am & 9am! And your win will be the subject of our April Blog Series Post - AOK! Friends - "The One About [Insert Winner's Name Here!]" Sheets are available for download or pick up at studio. Paper Entries ONLY!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Complete 50 Burpees in or out of class! 1pt	2 Do 100 Bicycle crunches once after your workout! Ask a friend to do it with you!! 2 points!	3 Take 2 classes today! 4 pts!	4 Post about your workout today using #iamaok 1 pt for every social media platform!	5 Take a pic & post in AOK! group a plank with your family, friend or pet! 2pts	6 Wake up extra early for a 5:15am Bootcamp! 3pts	7 Take a Step Class for the 1 <sup>st</sup> time or TRX Class for the 1 <sup>st</sup> time! 2 pts
Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->
8 Do 50 regular push-ups or 100 Modified! 2pts	9 Observe & acknowledge someone who's working hard around you...post in our AOK! group about them! 4 points!	10 Take a class with an instructor you've never taken with before! 2pts.	11 It's workout Wednesday - take 2 classes today! 2 pts.	12 Plan ahead & bring your spouse/partner to class 3 pts! Email for Free Class Pass - aokfitness@gmail.com	<b>It's Friday the 13!</b> Do 13 of each: Burpees, squats, push-ups, jumping jacks, planks w/shoulder taps, lunges, high knees and sit-ups! Repeat 3x! 13 pts	14 Attend any 2 classes! 4 pts!
Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->
15 Book Your entire week's schedule today taking a total of 10 classes for the week! 2 pts now and 3 pts at the end of the week once you do them all!	16 Learn w/Louise and take a Step Class at 6:45pm 3 pts!	17 Wear Green today! 1pt plus Attend Shamrock Shake-up at 5:30pm 2 pts plus Bring a friend FREE 2 pts!	18 Take a class with an instructor you've never taken with before! 2pts.	19 20 Take Hot Core either Thursday at 6:45pm or Friday 8:30am or Saturday at 8:30am and Score 3 pts. You can certainly take all 3 but you will only be rewarded one time with 3 pts.		21
Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->
22 Schedule a Yoga class this week! 1 pt for scheduling & 2 more when you attend it!	23 23 & Me - No its not DNA testing but it's 23 regular push-ups at the end of every class you attend & 2 pts for every round you complete!	24 Make a date with Jen & attend at 6:45pm today! 4 pts!	25 Attend a DNC BTZ Medley Class at 6:45pm 3pts	26 Bring a friend FREE to any Main Studio Class today! 2 pts. Take a post workout photo in front of the AOK! Sign & Post tagging AOK! 5pts!	27 Be grateful today! Post, write or tell a fellow AOK'er or Instructor why you are grateful they are in your life! #weareaok 3 pts	28 Attend 3 classes for a Saturday Trifecta 5 pts.
Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->	Instructor Initials__ PTs->
29 Choose any physical challenge & repeat! 3pts	30 Tally up & have taken over 30 classes this month! 20 Pts	31 <b>Turn in your sheet! 1 pt</b>	April 1 <sup>st</sup> <b>Turn in your sheet! 1 pt</b>	April 2 <sup>nd</sup> <b>Turn in your sheet! 1 pt</b>	Winner will be announced on Monday April 6 <sup>th</sup> !	

Drink Water Daily, Use APP for Tracking 20 out of 30 Days! 20 PTS.

Eliminate One Thing from Your Diet by Declaring it on the 1<sup>st</sup> to the 31<sup>st</sup>. 20 PTS.