

# NO EXCUSE NOVEMBER



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## #NOEXCUSENOVEMBER

Track your progress and have ARC fitness staff stamp this card each time you visit the ARC. Visit 20 times or more and you will be entered into a raffle for gift cards/prizes! Please drop off this completed card in the raffle box at the fitness desk by Friday, December 3.

NAME:

PHONE NUMBER:

EMAIL ADDRESS:



[WWW.WPDARC.ORG](http://WWW.WPDARC.ORG)