



Jim Thorpe Fitness Center

Clean Living Cardio Challenge Log

NOVEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cumulative Cardio Days <hr/>			1 Time <hr/> Cardio Exercise <hr/>	2 Time <hr/> Cardio Exercise <hr/>	3 Time <hr/> Cardio Exercise <hr/>	4 Time <hr/> Cardio Exercise <hr/>
5 Time <hr/> Cardio Exercise <hr/>	6 Time <hr/> Cardio Exercise <hr/>	7 Time <hr/> Cardio Exercise <hr/>	8 Time <hr/> Cardio Exercise <hr/>	9 Time <hr/> Cardio Exercise <hr/>	10 Time <hr/> Cardio Exercise <hr/>	11 Time <hr/> Cardio Exercise <hr/>
12 Time <hr/> Cardio Exercise <hr/>	13 Time <hr/> Cardio Exercise <hr/>	14 Time <hr/> Cardio Exercise <hr/>	15 Time <hr/> Cardio Exercise <hr/>	16 Time <hr/> Cardio Exercise <hr/>	17 Time <hr/> Cardio Exercise <hr/>	18 Time <hr/> Cardio Exercise <hr/>
19 Time <hr/> Cardio Exercise <hr/>	20 Time <hr/> Cardio Exercise <hr/>	21 Time <hr/> Cardio Exercise <hr/>	22 Time <hr/> Cardio Exercise <hr/>	23 Time <hr/> Cardio Exercise <hr/>	24 Time <hr/> Cardio Exercise <hr/>	25 Time <hr/> Cardio Exercise <hr/>
26 Time <hr/> Cardio Exercise <hr/>	27 Time <hr/> Cardio Exercise <hr/>	28 Time <hr/> Cardio Exercise <hr/>	29 Time <hr/> Cardio Exercise <hr/>	30 Time <hr/> Cardio Exercise <hr/>		

Record at least 30 minutes of cardio exercises for 21 days during the November 30 Day Challenge. Verify entries with attendant at the Jim Thorpe Fitness Center front desk.