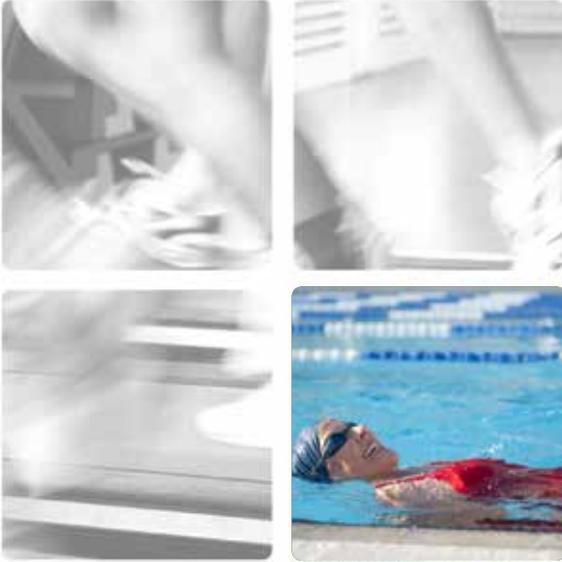


Fast Break to Fitness

March 14th - April 8th, 2016

Goal: 105 Points = 5 HealthQuest Credits



How to track your points

1. Select the date.
2. Choose which level you want to follow, and you'll earn points by completing the following:

LEVEL I

- **Take a Break:** Step away from your desk for 15 minutes (1 point)
- **Exercise** for 30 minutes or more (2 points)
- **Do HIIT** (High-Intensity Interval Training) for 5 minutes or more OR 15 minutes or more of Strength Training (3 points)

LEVEL II

- **Take a Break:** Step away from your desk for 15 minutes (1 point)
- **Exercise** for 60 minutes or more (2 points)
- **Do HIIT** (High-Intensity Interval Training) for 10 minutes or more OR 30 minutes or more of Strength Training (3 points)

3. Record your points online by April 15th at www.KansasHealthQuest.com.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
	3/14 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/15 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/16 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/17 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/18 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/19 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	
3/20 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/21 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/22 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/23 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/24 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/25 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/26 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	
3/27 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/28 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/29 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/30 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	3/31 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	4/1 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	4/2 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	
4/3 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	4/4 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	4/5 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	4/6 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	4/7 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT	4/8 <input type="checkbox"/> Break <input type="checkbox"/> Exercise <input type="checkbox"/> HIIT		