

# Rowley Gets Moving Challenge

brought to you by  
the Rowley Council on Aging & the Rowley Public Library

Name: \_\_\_\_\_ Contact Info: \_\_\_\_\_

Aim for activity that is strenuous for you.

The idea is to be active every other day consistently, for 49 days total.

## Suggested Activity Levels (choose the one that is a challenge for you):

- \*Around the Block once a day.
- \*Walk, jog, run, bike, or swim at least 30 minutes.
- \*Walk, jog, run, bike, or swim 1.5 miles or 3000 steps.
- \*Walk, jog, run, bike, or swim 3 miles or 6000 steps.
- \*Attend an exercise class (yoga, aerobics, etc.)

## Activity Journal

Mark off each day you complete your chosen goal. Milestones: 15 days, 30 days, 49 days

	Monday	Tues.	Wed.	Thurs.	Friday	Sat.	Sunday
June 16-22							
June 23-29							
June 30-July 6							
July 7-13							
July 14-20							
July 21-27							
July 28-Aug 3							
Aug 4-10							
Aug 11-17							
Aug 18-24							
Aug 25-31							
Sep 1-7							
Sep 8-14							
Sep 15-21							

## For adults of all ages (16+)

### June 16 – Sept. 21

Walk, jog, run, bike, or swim for prizes! Aim for an activity level that is a Challenge for your fitness level. The idea is to be active every other day at a consistent level, for 49 days total. The Challenge last 14 weeks. As you take on your chosen Challenge, you will have 3 opportunities to earn an entry in the prize drawings.

Earn entries into our \$25 Prize Drawings after hitting 15 Days and 30 Days of Activity.  
Get into our \$50 Grand Prize Drawing by completing your Challenge of 49 days of Activity!

Choose the Challenge that works for you:

- **Around the block** every other day, for 49 days total.
- **30 minutes** every other day, for 49 days total.
- **1.5 miles (3000 steps)** every other day, for 49 days total.
- **3 miles (6000 steps)** every other day, for 49 days total.

### 2 ways to sign up:

Create an account on ReaderZone and join the “Rowley Gets Moving Challenge”. Log each time you reach your personal daily goal – you will be automatically entered into Prize Drawings when you hit 15 Days and 30 Days of activity by the deadlines! You can access ReaderZone via a browser or download the app from your app store.

Access ReaderZone on our web page [HERE](#):



OR

Pick up a log sheet at the Rowley Library or the Council on Aging. Track your activities on the log sheet, then let us know how you're doing! **Bring in your log sheet before the drawing dates to make sure you get in the drawings.**

### Prize drawings:

Drawing 1: July 28 (for those who reach 15 Days) – \$25 gift card

Drawing 2: August 25 (for those who reach 30 Days) – \$25 gift card

Grand Prize Drawing: Sept. 22 (for those who complete their Challenge- 49 days!) – \$50 gift card

Winners will choose a gift card from a list of local businesses.



Special thanks to the Friends of the Rowley Public Library and the Rowley Council on Aging for donating the prizes.