12 Days of Holiday Fit-Mas

Instructions:
♦ Print & bring Holiday Players’ Card to FitPlus activities
♦ Complete ONE (1) activity per day
♦ Have instructor initial after each completion of activity & add item number on the box provided
♦ Complete ALL holiday items by Dec. 18th at 1 PM to receive a prize!

Holiday Players’ Card

Name: __________________________
Email: __________________________
Phone: __________________________

Item 1: On 12.03 Pre-Holiday Potluck Party to start off the 12 Days of Holiday Fit-Mas @ 12:45 - 1:45pm, Gym 148

Item 2: Instagram (IG) Challenge: Post a picture about “How do you celebrate the Holidays?” on our IG page @sfsufitplus

Item 3: On 12.10, 3-pointer skills & drills with Nelly @12pm Gym 147

Item 4: IG Challenge – What’s your favorite holiday song/movie?

Item 5: IG Challenge – Do an act of kindness: Make a donation/work at a charity

Item 6: Jolly Walkers – Play holiday music & walk around campus (Get your steps & spread holiday cheer!) Get antlers, Santa hats, Rudolph nose, etc. On 12.5 @12pm, meet at Gym 147

Item 7: Come to Active Recovery for a Meditation session

Item 8: On 12.12, Come to a Santa Workout w/ Justin, Gym 148

Item 9: Bring a friend/ co-worker to FitPlus (Non Fit Plus Member)

Item 10: IG Challenge – Take a photo with your dept. doing a fitness pose/activity

Item 11: Wear a lovely ugly holiday sweater to class on 12/17

Item 12: On 12.18, submit Holiday Players’ Card by 1PM Gym 148

*All IG Challenge: Tag us @sfsufitplus #sfsufitplus
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Let’s get that Holiday Cheer ready, because the Fit-Plus Family would like to invite you to December’s 12 Days of Holiday Fit-Mas.

Print out Advent’s Card, complete one (1) item each day for 12 days, & spread holiday cheer for everyone to hear! Complete all 12 items to win a prize!

Starts: December 3rd — 18th
For: Fit-Plus Members