



# “Get Fit for the Food Bank” Challenge July 1st-31st



Your challenge is to rack up at least 900 minutes of your favorite physical activities in the month of July. And you’ve got to mix it up by doing at least four different kinds of activities.

We will donate \$20 to the Hunger vs Hunger Bellingham Food Bank Fundraiser for each person who completes the challenge (up to \$1,000 in donations).

Everyone who completes the challenge will also be eligible for a raffle where we will give away eight \$25 Fairhaven Runners & Walkers gift cards.

**How do you record & report your results?** Each day record the activity you did and minutes you exercised until you reach 900 minutes, then take a screenshot or photo of your list and email it to us at [runners@fairhavenrunners.com](mailto:runners@fairhavenrunners.com) by July 31st.

**What kinds of activity counts?** Walking, hiking, running, dancing, paddling, cycling, swimming, climbing, strength training, stretching, yoga, golfing, pickleball-ing, yard games, etc., etc., etc.

**Date**

**Activity**

**Minutes**