



Exercise		3/4	3/5	3/6	3/7	3/8	3/9	3/10	Week Total	Total to Date	3/11	3/12	3/13	3/14	3/15	3/16	3/17	Week Total	Total to Date	
Stepper/Step Mill	Hours																			
Swimming	Hours																			
Running/Walking	Hours																			
Rowing	Hours																			
Group eXercise	Classes																			
Elliptical	Hours																			
Recreational Activity	Hours																			
Strength Training	½ hr/day																			
Intramurals/Club Sports	Activities																			
Cycling	Hours																			
Climbing/Bouldering	Hours																			

Exercise		3/18	3/19	3/20	3/21	3/22	3/23	3/24	Week Total	Total to Date	3/25	3/26	3/27	3/28	3/29	3/30		Week Total	Total to Date	
Stepper/Step Mill	Hours																			
Swimming	Hours																			
Running/Walking	Hours																			
Rowing	Hours																			
Group eXercise	Classes																			
Elliptical	Hours																			
Recreational Activity	Hours																			
Strength Training	½ hr/day																			
Intramurals/Club Sports	Activities																			
Cycling	Hours																			
Climbing/Bouldering	Hours																			

Exercise	100%	Date Completed
Stepper/Step Mill	10 Hours	
Swimming	6 Hours	
Running/Walking	12 Hours	
Rowing	6 Hours	
Group eXercise	15 Classes	
Elliptical	12 Hours	
Recreational Activity	30 Hours	
Strength Training ½ Hr	16 Days	
Intramurals/Sport Clubs	12 Activities	
Cycling	12 Hours	
Climbing/Bouldering	10 Hours	

Cross Training Challenge

1. Choose 3 activities.
2. Complete as many of your activities each day as you want with the exception of strength training, only one half hour of strength training counts each day.
3. Once you've completed 100% of all three of your activities (amount is listed on the form) you turn your form into the CRC to redeem your t-shirt.

If you have any additional questions please contact Catherine Lynch at [cmlynch@email.wcu.edu](mailto:cmlynch@email.wcu.edu) or 828-227-8801.