

Name: _____



Feel the difference

BECOME AN OFFICEFITTER

STAND UP ONE HOUR + WALK OR BIKE FOR 30 MIN EACH DAY

Monday ✓	Tuesday ✓	Wednesday ✓	Thursday ✓	Friday ✓
Monday ✓	Tuesday ✓	Wednesday ✓	Thursday ✓	Friday ✓
Monday ✓	Tuesday ✓	Wednesday ✓	Thursday ✓	Friday ✓
Monday ✓	Tuesday ✓	Wednesday ✓	Thursday ✓	Friday ✓

Set a ✓ every time you complete the challenge - how long a streak can you get in a month

Did you know that by being OfficeFit, you can burn the equivalent of 0.5 kg in one month?

Become an OfficeFitter

We want to be OfficeFittere, here at _____

THEREFORE

Do we challenge to:

Stand up for 1 hour and walk or bikecycle 30 min every day for _____ weeks

Tilmelding:

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____