

"TEN MINUTES FOR TEN DAYS" CONTEST

Name _____ Chapter _____

This contest is intended to be a personal challenge for you. The object is for you to perform some type of exercise for 10 Minutes, for 10 Consecutive days of each month, beginning with the month of May thru the month of August. You determine each month which day will be your starting day – then mark it with an **X**, and continue to mark an **X** for the next 9 consecutive days, until you have a total of 10 consecutive days of completed exercise. Send your completed contest chart to me, Ronette Wenberg, 4562 Scenic Dr., Rockford, Ill., 61109, by the deadline of Saturday, September 12th. **ONLY** send your "10 for 10" completed contest chart **IF** you are attending Fall Rally. Those who have achieved the "10 for 10" will be recognized on stage at Fall Rally. The 10 consecutive minutes each day for 10 consecutive days requirement is the minimum amount of time and days that is being asked for you to achieve, **BUT**, I encourage you to slowly increase your minutes and your consecutive days during the duration of the contest. Those not attending Fall Rally but have been participating in the contest should be recognized by their chapter at chapter.

MAY

1 2 3 4 5 6 7 8 9
10

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JUNE

1 2 3 4 5 6 7 8 9
10

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JULY

1 2 3 4 5 6 7 8 9
10

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AUGUST

1 2 3 4 5 6 7 8 9

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10