

December 2018 Running / Lifestyle Challenge
How many points can you get each week?
Can you break 250 for the month? 400? 500?

3 points for each Yoga, Pilates or weight training session.

3 Points for each 12 hour fast; 1 Point for each meatless day

1 points for each non added sugar, pop-less and non white flour day

3 points for each hour of prayer or meditation

STARTS ON
Saturday,
Ready! Set! Go!



1 point for each 15 minutes of indoor biking, swimming or aerobics

1 point for each 20 minutes of hard work, Dancing or singing

Get in the contest: **1.** Run every day in December, **2.** Get in as many points as you can, and **3.** Post your weekly point summary in the StoneStepper Facebook page – let's go!!