



CAN YOU BEAT THE BOSS TEAM?

BETTER OPPORTUNITIES
FOR SINGLE SERVICE MEMBERS

31-Day Fitness Challenge

Starting May 1, pick up a Fitness Challenge Calendar
at BOSS HQ or any MWR Fitness/Aquatics Facility

**Celebrate National Physical
Fitness & Sports Month
by Being the BEST
Version of You!**

Open to ALL DoD
ID card holders.
Activity must be
performed at a
Fort Eisenhower MWR
Fitness Facility

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Challenger Name _____ Unit _____

COMPLETE DAILY
EXERCISE AT ANY
MWR FITNESS
FACILITY.

TAKE A PHOTO OR
VIDEO AS PROOF
AND SHOW IT TO A
FITNESS CENTER
EMPLOYEE TO
RECEIVE A
COMPLETION
STAMP.

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MAY

5	6	7	8	9	10	11
SUNDAY RUNDAY 0.5 MILE RUN (TREADMILL)	10 SIDE LUNGES 10 LUNGES 4 BURPEES	10 SHOULDER PRESSES OR PUSH- UPS 10 LATERAL RAISES 5 BURPEES	12 SQUATS 12 STEP UPS 6 BURPEES	12 BICEP CURLS 12 TRICEP DIPS 7 BURPEES	PICKLEBALL OPEN PLAY @ NELSON FITNESS CENTER 1630-1930	:30 PLANK 8 BURPEES
12	13	14	15	16	17	18
SUNDAY RUNDAY 1 MILE RUN (TREADMILL)	12 SIDE LUNGES 10 LUNGES 9 BURPEES	12 SHOULDER PRESSES OR PUSH- UPS 12 LATERAL RAISES 10 BURPEES	14 SQUATS 14 STEP UPS 11 BURPEES	14 BICEP CURLS 14 TRICEP DIPS 12 BURPEES	JOINT SERVICE PING PONG CLUB @ BOSS HQ 1830-1930	:45 PLANK 14 BURPEES
19	20	21	22	23	24	25
SUNDAY RUNDAY 2 MILE RUN (TREADMILL)	14 SIDE LUNGES 14 LUNGES 15 BURPEES	14 SHOULDER PRESSES OR PUSH- UPS 14 LATERAL RAISES 16 BURPEES	16 SQUATS 16 STEP UPS 17 BURPEES	16 BICEP CURLS 16 TRICEP DIPS 18 BURPEES	JOINT SERVICE PING PONG CLUB @ BOSS HQ 1830-1930	:45 PLANK 19 BURPEES
26	27	28	29	30	31	
SUNDAY RUNDAY 5K RUN (TREADMILL)	16 SIDE LUNGES 16 LUNGES 20 BURPEES	16 SHOULDER PRESSES OR PUSH-UPS 16 LATERAL RAISES 21 BURPEES	18 SQUATS 18 STEP UPS 22 BURPEES	1:00 PLANK 24 BURPEES	SWIM ONE LAP @ MWR INDOOR POOL OR JOINT SERVICE PING PONG CLUB @ BOSS HQ 1830-1930	

TURN IN YOUR
COMPLETED
CALENDAR TO
BOSS HQ NLT
1600 JUNE 2
O'CLUB DRIVE
BLDG 36708



IT TAKES 21 DAYS TO FORM A HABIT & 31 TO BE TRANSFORMED! GOOD LUCK & FINISH STRONG. Open to All DOD ID Card holders