



# Air 1,000

**March 1st– March 31st / Worth 1 wellness point**

**The Air 1,000 challenge invites you to exercise outside for 1,000 minutes in one month. Go for a run. Take a hike. Get out and get some fresh air. Track the number of minutes you spend exercising outside each day.**

Mar 1

Mar 2

Mar 3

Mar 4

Mar 5

Mar 6

Mar 7

Mar 8

Mar 9

Mar 10

Mar 11

Mar 12

Mar 13

Mar 14

Mar 15

Mar 16

Mar 17

Mar 18

Mar 19

Mar 20

Mar 21

Mar 22

Mar 23

Mar 24

Mar 25

Mar 26

Mar 27

Mar 28

Mar 29

Mar 30

Mar 31

I've completed the challenge!

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Drop off form at HR Office / fax to 435-734-2038 or email to [mhernandez@boxeldercounty.org](mailto:mhernandez@boxeldercounty.org)