

Anytime Fitness Scholarship

Anytime Fitness would like to award a graduating senior with a \$500 scholarship. To be eligible for this scholarship you must:

Requirements:

- Be a graduating senior
- Keep the following records for two weeks:
 - Your meals and snacks (ballpark amount, being conscious of what you are eating)
 - Any exercise (what did you do, when and how long)
 - How much sleep each night and bedtime
- In a summary, write what you discovered from this tracking and what you need to do to get healthier. Include what were/are your obstacles to consistent exercies, good sleeping habits and good nutrition/hydration.
- You can get bonus points by calling and scheduling a complimentary Evolt Body Scan. (\$25.00 value)

Winner will be judged on tracking and thoughtfulness of summary.

Due to the Guidance Office by: Wednesday, April 20, 2022