









De-Stress & Stretch Challenge

Name: _____ Team # _____ Ext # _____

Please give yourself 2 points each time you do the illustrated exercise 5 times (movement) or hold for 5 seconds (one position).

E-mail your total points to your team captain everyday for the next 1-2 weeks.

	Mon.	Tues.	Wed.	Thurs.	Fri.
DATE:					
Neck Rolls 					
Shoulder Stretch 					
Shoulder Rolls 					
Chair Side Bend 					
Chair Torso Rotation 					
Quad Stretch 					
Back Stretch 					
Wrist Stretch 					
Total Points =					