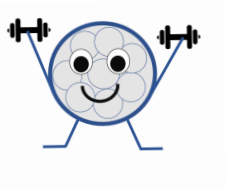
CANADIAN FERTILITY AND ANDROLOGY SOCIETY
SOCIÉTÉ CANADIENNE DE FERTILITÉ ET D'ANDROLOGIE

CFAS Fitness Challenge Tracking Sheet



Stay fit during COVID-19!

Set a fitness goal to keep you moving and motivated as we adapt to life under COVID-19. Ideally, you will want to work up to 30 minutes of whatever exercise activity you choose for 5 days a week (which is the minimum amount of exercise recommended). Pick an activity you enjoy and can do while respecting social distancing guidelines (cycling, walking, running, doing an online cardio workout, etc.) Fill in your sheet to track your activity throughout the month and submit it to **office@cfas.ca** by May 31st for a chance to win a prize! Encourage your spouse/partner or kids to exercise with you!

Date	*Activity*	*Time*

Name:
Date:

Signature:

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