**FITNESS PASSPORT**

Take part in the daily challenges found on the fitness passport for a chance to win an all-inclusive semester-long membership to the University of Ottawa’s fitness centres.

<table>
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<tr>
<th>MONDAY, JANUARY 28TH</th>
<th>TUESDAY, JANUARY 29TH</th>
<th>WEDNESDAY, JANUARY 30TH</th>
<th>THURSDAY, JANUARY 31ST</th>
<th>FRIDAY, FEBRUARY 1ST</th>
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<td><strong>A.M.</strong></td>
<td><strong>P.M.</strong></td>
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<td><strong>P.M.</strong></td>
<td><strong>A.M.</strong></td>
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| ☐ SEND US A PICTURE OF YOURSELF DOING A PUSH-UP!  
To challenge yourself, and see how many non-stop push-ups you can complete! Send us the number if you’d like! | ☐ SEND US A PICTURE OF YOURSELF EXERCISING IN YOUR OFFICE/CLASSROOM  
Try to use your office equipment to help! I.e. Incorporate a chair or your desk. | ☐ SEND US A PICTURE OF YOURSELF DOING A WALL-SIT  
Aim for more than a minute! Let us know how long you last! | ☐ SEND US A PICTURE OF YOURSELF WITH SPORTING EQUIPMENT  
Hint: drop by our squash courts, sports fields or gymnasiums and see what you can find! | ☐ SEND US A PICTURE OF YOURSELF GOING FOR A RUN (running shoes must be present in the picture)  
Challenge: set yourself a goal distance and finish it! Take walking breaks if needed but don’t stop moving! |
| ☐ SEND US A PICTURE OF YOURSELF TAKING THE STAIRS INSTEAD OF THE ELEVATOR  
Extra challenge: make stairs an everyday habit! | ☐ SEND US A PICTURE OF DOING JUMPING JACKS WITH A FRIEND/CO-WORKER/CLASSMATE  
Working out can be more enjoyable when you do it with a friend! | ☐ SEND US A PICTURE OF YOURSELF LIFTING A WEIGHT  
Check out our fitness centers located in Montpetit or Minto Sports complex. While you’re there, ask our fitness attendants about all the services we have to offer you! | ☐ SEND US A PICTURE OF YOURSELF IN ONE OF OUR ON-CAMPUS SPORTS FACILITIES  
MNT, MNO, LEES etc. explore what we have to offer! | ☐ SEND US A PICTURE OF YOURSELF ENJOYING A HEALTHY AND ACTIVE LUNCH TIME GET OUT AND GET SOME FRESH AIR ON CAMPUS. |

**SIMPLY TAKE A PICTURE OF YOURSELF COMPLETING THE CHALLENGE and send it to personal.training@uOttawa.ca or tweet it using the hashtag #passportUO.**

Please note that your entries could be featured on our social media platforms and on our website.