

# NOVEMBER BURPEE CHALLENGE

## Monthly Movement Challenge

### NOVEMBER 1 - 30 | MONDAYS - FRIDAYS

The Burpee Challenge is simple! You will do the allotted amount of burpees each day of November (including Thanksgiving Day and days the gym is closed, excluding weekends). Why the Burpee Challenge? The Burpee Challenge helps improve overall conditioning and movement, as well as burns off some of those meddling extra calories most of us are going to splurge on during Thanksgiving. To perform the Burpee Challenge, you must complete the amount of burpees that correlate with the day of the month. For example, if it is the 23rd of November, you will do 23 burpees that day. The challenge will take place November 1-30 (Monday – Friday). There will also be different levels to participate in if you want to add some difficulty.

- **Level 1** - Doing the amount that is corresponding with the day.
- **Level 2** - Doubling the amount that is corresponding with the day.
- **Level 3** - Tripling the amount that is corresponding with the day.

### Goals for the challenge:

- Improve overall conditioning
- Improve overall movement

### Get with a Wellness Staff member on Monday, November 1 to be given your Burpee Challenge card (keep up with your card).

- Wellness Center staff member will sign each day that you complete your session of burpees (dates/lengths have been assigned for each day on your card).
- If you cannot attend the gym, video your plank and post it to the Choctaw Wellness or Choctaw CrossFit Facebook pages, or you can show it to a coach to be verified and signed.
- If you complete **100% (22/22)** you will receive 15 Well Bucks. If you complete **75% (17/22)** you will receive 8 Well Bucks. So, if you want those Well Bucks, be consistent!





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**PARTICIPATE IN THIS MONTH'S WELLNESS EVENT  
NOVEMBER 1 - 30**

**Choctaw Nation** Wellness Center