

CARDINAL FIT CHALLENGE

February 2, 2015 – May 1, 2015

RULES

- The size of each team should be 2 people. If you cannot find a teammate, email wellness@wesleyan.edu and we will find a teammate for you.
- Each team needs a name and one captain. Please submit to wellness@wesleyan.edu as soon as possible and we will send you a score sheet. Deadline to register is Friday, January 30, 2015.
- Captain should email score sheet weekly (by Tuesday for the previous week).
- Points:
 - *One point per person per week if you complete a total 2.5 hours of physical activity** for the week. Activity should be no less than 15 minutes at a time but it can be spread out over the week. The week runs from Monday through Sunday.
 - *Bonus points – There will be bonus challenges throughout the competition but not necessarily every week. Don't worry – for those planning vacations – there is no abstinence from drinking challenge!
 - *One extra point per person for a new member who has not participated in any previous challenges or for a returning team member who has not participated in any 2014 challenge.
- Prizes – the top ten scoring teams will win FIT BIT ZIPS for each team member. If there are ties, all top teams will enter a lottery for the 20 fit bits.
- Participation in this challenge does not preclude your participation in the Wesleyan Points Program. You can submit these same activities in your Points Program log and earn points there also.

**Physical Activity:

Exercise should include a moderate or vigorous activity level for your personal abilities.

Exercise can include any combination of aerobic or muscle strengthening activities.

Examples of aerobic activities include, but are not limited to, walking, jogging, biking, swimming and line dancing.

Examples of muscle strengthening activities include, but are not limited to, yoga, Pilates and weightlifting.