CARDINAL FIT CHALLENGE  
February 17, 2014 – May 9, 2014

RULES

• The size of each team should be 4-8 people. Try to include someone who has not participated in any prior Cardinal Fit Challenge. On the last week, your team will receive 5 additional points for each new member as long as they submit a minimum of 3 points a week throughout the Challenge.

• Each team needs a name and a Captain. Please submit to Wellness@wesleyan.edu as soon as possible. Deadline to register a team is February 14, 2014.

• Captain submits online (by Tuesday of the next week) the weekly total points achieved. We will send you the spreadsheet after you register to compete.

• Points:
  One point awarded per person per day for physical activity*.
  Five Points – maximum per person per week.
  Bonus points – there will be bonus challenges throughout the competition but not necessarily every week. We will send the bonus information to the Captains.

• Record activity for each person each day on the spreadsheet. There will be a separate column for bonus points.

*Every three weeks there will be a raffle for those teams who get perfect scores during that week (weeks ending 2/28, 3/21, 4/11, 5/2). The winning team members will each receive a $25 gift card.

• Prizes – In addition to the raffles, the overall winning team members will receive a $50 Master Card! The winning team will be determined by the average number of points for each team member so you are not penalized if your team is smaller. If there is a tie, we will have a fitness face-off. Details will follow.

• 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.

*Exercise a minimum of 30 minutes a day
  · 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 Zumba.
  · Examples of muscle strengthening activities include, but are not limited to, yoga, Pilates and weightlifting.