CARDINAL FIT CHALLENGE

October 6, 2014 – December 12, 2014

RULES

• The size of each team should be 5 people. If you cannot find a team, email wellness@wesleyan.edu and we will find one for you.
• Each team needs a name and a captain. Please submit to wellness@wesleyan.edu as soon as possible and we will send you a score sheet. Deadline to register a team is October 3, 2014.
• Captain emails score sheet weekly (by Tuesday for the previous week).
• 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. There will also be random raffles for teams who earn perfect scores. The dates for the raffles will not be announced in advance so try to achieve perfect scores each week.
• Record activity for each person each day on the spreadsheet. There will be a separate row for bonus points. Please use this row to record the extra points rather than include them in your regular points. To increase the participation and enthusiasm, we will not post the bonus points earned by everyone until the last week. That way, you will have to continue to work hard until the end of the contest!
• Every three weeks (weeks ending 10/24, 11/14 and 12/5) there will be a healthy recipe contest judged by the Cardinal Fit Committee. We will match you up with another team for this contest. Your team will choose a recipe and then make it for the Committee. The winning team members will each receive a $25 gift card.
• Prizes – The overall winning team members will each receive a $100 Master Card! Second-place winners will receive $50 and third place winners will receive $25. All Master card prizes are donated by CIGNA. If there is a tie, we will have a healthy eating contest. Details will follow. If enrollment for this challenge exceeds 300 participants, we will have an additional raffle for all teams on the last week. Winning team members will receive $50. So, encourage as many folks as possible to join.
• 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 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.