

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.