Cardinal Fit Challenge
October 3, 2016 – October 30, 2016

RULES

• **Size of Team**
The size of each team should be 6 – 8 people. If you cannot find a team, email wellness@wesleyan.edu and we will find a team for you.

• **Structure of Team**
Each team needs a name and a captain. Please submit your team name, captain and team members to wellness@wesleyan.edu as soon as possible and we will send you a score sheet. Deadline to register is September 30, 2016.

• **Score Sheets**
Captain should complete score sheet weekly but just send in the total points by November 4, 2016.

• **Points**
  
  **One point** - per person if you complete a total of 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 Monday through Sunday.
  
  **Bonus points** - there will be a few bonus challenges throughout the competition but not necessarily each week. Each bonus will count as one point per person.
  
  **Additional five extra points** – for a team member who has not participated in any previous challenges. So, get out and introduce yourself to newly hired employees or colleagues who have not participated in the past.

• **Prizes**
The team with the highest score will receive gift cards. In case of a tie, there will be a raffle for the winner. There are also additional raffle prizes. Your team will receive one raffle ticket for each point earned by each team member. So, the more points you earn, the better chance your team will have to win a raffle prize. Prizes for each team member include gift cards, fitbits, and wellness gifts for all winning team members. Each team is eligible for one team prize.

*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.

**Participation in this Challenge does not preclude your participation in the Wesleyan Points Program. You can use some of these same activities in your Points Program log and earn points there also.