

Official Rules of the Feast to Fitness Challenge November 21 – January 1

- ❖ Participants must sign-up by November 21.
- ❖ All participants must weigh-in at the start of the program. Weigh-ins will be November 21-27, 2016.
- ❖ Each week will have an activity that must be completed within the week it is offered, running from Monday through Sunday.
- ❖ **All completed activities must be verified with a fitness attendant.** If activities are not verified then points will not be awarded.
- ❖ If competing for the incentive prizes, participation in every weekly challenge is required. If a participant will be absent for a weekly challenge, we must be notified ahead of time via email (aeavin@prairietownship.org) and will still be eligible for the incentive prizes.
- ❖ Point totals will be tallied every Monday morning and posted.
- ❖ A mid-program weigh-in will be done during the fourth week (December 12th -18th).
- ❖ Final weigh-ins will be done Monday, January 2nd – Thursday, January 5th.
- ❖ Final results will be posted Friday, January 6th.
- ❖ The participant(s) who completed all activities and earned the most points will win.

Points will be awarded as follows:

Category	Points
Maintained weight	2pt
Loss weight	5pt
Gain weight	-3pts
Missed weigh in	-5pts
Weekly activity participation	2pts
Winning weekly activity	10pts

- ❖ **Fixings to Fitness** (Week 1) – Participants must complete mileage based on the meal they plan to eat on Thanksgiving. Fitness attendants will have a list of food items and the amount of miles each dish is equaled to.
 - ❖ Participants must pick at least six items to put on their plate. *Honesty is the best policy!*
 - ❖ Participants will receive participation points upon completion of the total mileage of their plate.
 - ❖ Additional mileage may be completed; the participant with the greatest mileage wins the activity!
- ❖ **Rack ‘Em Up** (Week 2) – Participants must workout using the exercise pyramid provided by the staff. Choosing heavier weights and going higher up on the pyramid earns your football team more points.
 - ❖ Every participant must choose an NFL football team to earn points for.

- ❖ One level of the pyramid must be completed within the same workout session to receive that level's points.
- ❖ Participation points will be awarded for completing one level for the first time, in addition to that level's points.
- ❖ Bonus points may be awarded based on the weight that is used for each exercise.
- ❖ A sheet will be provided to each participant to record the weights for each exercise and must be turned into a fitness attendant upon completion.
- ❖ Each member of the winning team, that actively participates, will receive the winning points.
- ❖ **Jump into the Holidays!** (Week 3) - This is a competition of how long participants can jump rope throughout the week!
 - ❖ Participants will record how long they can jump rope **without stopping**. Only one attempt per day can be recorded.
 - A low-impact modification will be available upon request.
 - ❖ Participants will be awarded participation points for a total of 5 minutes completed by the end of the week.
 - ❖ The participant with the longest total time at the end of the week will receive the winning points.
- ❖ **Holiday Budget** (Week 4) – Participants will choose a budget level (bargain-hunter, modest-shopper, big-spender). The staff will provide a list of strength exercises that equal a dollar amount. Participants must complete the strength exercises to earn money towards their budget.
 - ❖ All participants must reach their budget to receive participation points.
 - Bargain-hunter: \$12.50
 - Modest-shopper: \$24.00
 - Big-spender: \$37.00
 - ❖ Exceeding your budget is highly recommend for winning this activity.
- ❖ **12 Days of Fitness** (Week 5) - Participants must complete the 12 days of fitness workout, in the style of the song (1-15 second plank→2 bent-over rows + 1-15 second plank, and so on).
 - ❖ The activity must be completed within one workout session.
 - ❖ Complete the activity as many times as you want throughout the week!
 - ❖ Participation points will only be awarded for the first completion of the activity to each participant, but future completions will be tracked by the fitness attendant.
 - ❖ The participant that completes the activity the greatest number of times will receive the winning points for this week.
- ❖ **Group Fit Fun** (Week 6) - Participants will earn points for attending group fitness classes. See the front desk for info on purchasing class passes.
 - ❖ Participation points will be awarded for attending the first class, in addition to the points for that class.

- ❖ One bonus point will be awarded to each participant that posts a status about the class or checks-in on social media (Facebook, Twitter, etc.). Participants must show a fitness attendant the post to receive the bonus point.
- ❖ One bonus point will be awarded to each participant that brings a buddy to a class, free of charge. Limit of one buddy per class.