

“Embrace a New Year, Embrace a New Life!”
Fitness and Wellness Challenge.

RULES

1. The Wellness and Fitness Challenge participant registration **2-31 January 2018**.
2. The Wellness and Fitness Challenge will run for 8 weeks, beginning **Friday, February 2, 2018** and ending on **Wednesday, March 28, 2018**.
3. An orientation briefing will take place on **Thursday, February 1, 2018. @ 17:30 hours**. You will receive competition rules, helpful tips, information on good nutrition and Fitness Test Demos.
4. Initial Weigh in, Body Fat % measurements and fitness test will take place on **Friday, February 2, From 9 a.m. – 7 p.m.**
Fitness test will consist of:
Strength
Push-ups - AMAP in 1 minute. (On your toes)
Squats - AMAP in 1 minute. (Glutes to knee line)
Sit- Ups – AMAP in 1 minute (w/Ab mat)
Endurance
2 Laps – For Time (indoor track)
Flexibility
Sit and Reach – (sit and reach box)
5. Mandatory weekly weigh-ins, Body Fat % measurements and a food journal check will be conducted every **Wednesday at 8:00 a.m. – 7:00 p.m.**

Weigh-ins and Food Journal due dates; February 7, 14, 21, 28 & March 7, 14, 21, 28
2 – 6 Feb 2018 - (Completed FJ receive a free fitness class ticket)
7 – 13 Feb 2018 - (Completed FJ receive a free fitness class ticket)
14 – 20 Feb 2018 - (Completed FJ receive a free fitness class ticket)
21 – 27 Feb 2018 - (Completed FJ receive a free fitness class ticket)
28 Feb – 6 Mar 2018 - (Completed FJ receive a free fitness class ticket)
7 – 13 Mar 2018 - (Completed FJ receive a free fitness class ticket)
14 – 20 Mar 2018 - (Completed FJ receive a free fitness class ticket)
21 – 27 Mar 2018 - (Completed FJ receive a free fitness class ticket)
28 Mar 2018 – Final Weigh in, Body Fat % measurements and fitness test will take place on
6. Nutritional Classes will be conducted for participants on **Tue, 13 February @ 1000, Wed, 14 February @ 1730, and Thurs, 22 February @ Noon.**
7. Each participant get **TWO FREE** fitness class per week. A punch card for these classes will be given to each participant on the day of orientation, February 1, 2018.
8. Final Weigh in, body assessment and fitness test will take place on Wednesday March 28, 2018, from 9 a.m. - 7 p.m.
9. Prizes will be awarded for Fitness Improvements, Most Class Participation and highest loss of body fat percentage!
10. Awards ceremony will take place at noon on Thursday, March 29 2018. At the Tower Barracks Fitness Center, Bldg. 170.