



Silicon Labs Fitness Challenge RULES

June 13th – September 5th

1. Teams will consist of three members. They will be randomly selected! Once you know which team you are on, meet with your other members and decide on a team name.
2. The challenge kickoff is on Wednesday, June 13th at noon (outdoor location TBD). We will take team pictures have our first Bootcamp class until 1pm. On every Monday after, we will meet at the field for Bootcamp 12:15 – 1pm. On Wednesdays we will have the team challenges from noon – 12:15 and bootcamp from 12:15 – 1pm. In the event of severe weather, classes will be held indoors. Otherwise, be prepared to be outside with sunscreen and water!
3. Individuals will be able to earn points throughout the week for completing the following health and wellness endeavors.

POINT SYSTEM	
Attending a Silicon Labs fitness class (yoga or bootcamp)	1 point per class
Attending a team challenge (held every Wednesday at noon)	1 point for each attendee
Weekly team challenge winner	2 points for each participant on the winning team (teams can earn 2-6 points)
Completing the weekly NUTRITION challenge	.5 points for every day successfully completed

4. Weekly individual reports must be submitted through the Silicon Labs Fitness Challenge website every week by Sunday night to account for the previous week. A new “challenge week” always begins on Monday morning. All challenge participants will receive the link to the website after registration.
5. The final team challenge will be on Wednesday, September 5th at noon.
6. Prizes will be awarded to the individuals with the most points. Prizes will also be awarded to the teams with the most points (the sum of the team member’s individual points.) There will be 1st, 2nd and 3rd place prizes. Awards ceremony date TBD.

Fitness class schedule during challenge:

- Mondays: 12:15 – 1pm Bootcamp
- Wednesdays: Noon – 1pm -*The first class on 6/13 will meet at noon for pictures. Wednesdays that follow will start with a team challenge at noon and bootcamp after*
- Thursdays: Noon – 1pm Yoga