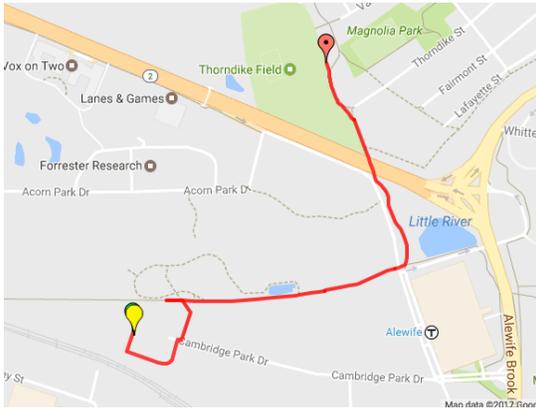


# UNUM Fitness Challenge RULES

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. Each participant will submit their individual goal and team name through a form on [www.theactiveworkplace.com/unumfitnesschallenge](http://www.theactiveworkplace.com/unumfitnesschallenge) by Friday, 28th. More info on choosing your goal can be found on the website.
3. The challenge kickoff is on May 2<sup>nd</sup> at 3:30pm on the Thorndike Field. We will take team pictures and have our first team challenge. Bootcamp class will follow. On every Tuesday after, we will meet at the field for the team challenge and class. In the case of bad weather, an email will be sent out on where to meet for the days events.



4. Individuals will be able to earn points throughout the week for completing the following health and wellness endeavors.

POINT SYSTEM	
Successfully completing/staying on track with weekly individual GOALS	5 points
Attending a TEAM challenge	1 point for each attendee
Weekly TEAM challenge winner	2 points for each participant on the winning team (team can earn 2-6 points)
Completing the weekly NUTRITION challenge	1 point for each week completed
At least 30 minutes of exercise on your own Ex. Weight lifting, running, biking, swimming or another form of exercise that gets your heart rate elevated for at least 30 minutes.	.5 points

Note: A class taken outside of UNUM falls into this category. You will not earn additional points for more than 30 min in one day. You ARE ABLE to earn additional points towards individual goal if it applies	
Attending a UNUM fitness class	1 point per class

4. Weekly individual reports must be submitted through the website every week by Monday night to account for the previous week. A new “challenge week” always begins on Tuesday morning.

5. The final team challenge will be on Tuesday, June 27<sup>th</sup> at 3:30pm

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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place prizes. Awards ceremony date TBD.