



FIVE POINTS WASHINGTON FITNESS CHALLENGE

JUMP INTO SUMMER!

JOIN OUR FITNESS CHALLENGE THAT
WILL HELP YOU GET MOTIVATED TO
ACHIEVE YOUR FITNESS GOALS
WHILE HAVING FUN WITH A
FITNESS PARTNER &
THE FIVE POINTS TEAM!

APRIL 13TH-MAY 10TH

FEE: \$10 OR MORE
ALL PROCEEDS WILL BE
DONATED TO THE
DAX FOUNDATION.



FIVE POINTS
WASHINGTON

JUMP INTO SUMMER FITNESS CHALLENGE

Enjoy our fitness challenge that will begin April 13th!

1. You need to find a partner and choose a team name.
2. Each week you will have a special fitness challenge/goal you will need to reach together (whether you work out together or separately).
3. Your team will be awarded points for your workouts.
4. Challenge is geared for all fitness levels and can be done at home or at the gym!
5. Jump Into Summer will have a private Facebook group!
6. A challenge week runs from Monday through Sunday.
7. Team scores are the total of all individual teammate scores.
8. For a team to be successful and have a chance at winning, all teammates must be encouraging to one another, communicate on goals, and keep each other accountable.
9. There are weekly requirements such as:
 - a. Log a minimum of 3 workouts each week. This can be any exercise at a gym, home, outside, or wherever is convenient for you. You may do more than 3 workouts to receive more points.

Points for group workouts:

30 minutes or less: 150 points
35-60 minutes: 200 points
60+ minutes: 250 points

Points for individual workouts:

30 minutes or less: 50 points
35-60 minutes: 75 points
60+ minutes: 100 points
Bonus Points: Take a picture of yourself, your partner or your workout equipment and post to our Facebook group for an extra 25 points/workout. *Only 1 post allowed per workout.

Points for random fitness challenges assigned:

Extra points if your group successfully completes a challenge. If your group does every challenge offered, then your group will be awarded an extra 200 points.

Logging points:

There will be a binder at the fitness desk and in the aquatics center where you will log your points for each day of the week.

#bthebestu



Register at the front desk. You must have a partner to register. Please contact Program Manager, Brad Weaver at bradw@fivepointswashington.org with any questions.
