

SPRING INTO FITNESS CHALLENGE

INDIVIDUAL SCORESHEET



NAME: _____ GENDER: _____ DOB: _____
 COUNTY: _____ ROLE (athlete/partner): _____

	SUN	MON	TUE	WED	THU	FRI	SAT	TOTALS
WEEK 1	3/7	3/8	3/9	3/10	3/11	3/12	3/13	WEEK 1
MINUTES OF FITNESS ACTIVITY								0
NUMBER OF HEALTH & WELLBEING ACTIVITIES								0
WEEK 2	3/14	3/15	3/16	3/17	3/18	3/19	3/20	WEEK 2
MINUTES OF FITNESS ACTIVITY								0
NUMBER OF HEALTH & WELLBEING ACTIVITIES								0
WEEK 3	3/21	3/22	3/23	3/24	3/25	3/26	3/27	WEEK 3
MINUTES OF FITNESS ACTIVITY								0
NUMBER OF HEALTH & WELLBEING ACTIVITIES								0
WEEK 4	3/28	3/29	3/30	3/31	4/1	4/2	4/3	WEEK 4
MINUTES OF FITNESS ACTIVITY								0
NUMBER OF HEALTH & WELLBEING ACTIVITIES								0
WEEK 5	4/4	4/5	4/6	4/7	4/8	4/9	4/10	WEEK 5
MINUTES OF FITNESS ACTIVITY								0
NUMBER OF HEALTH & WELLBEING ACTIVITIES								0
WEEK 6	4/11	4/12	4/13	4/14	4/15	4/16	4/17	WEEK 6
MINUTES OF FITNESS ACTIVITY								0
NUMBER OF HEALTH & WELLBEING ACTIVITIES								0
TOTAL MINUTES OF FITNESS ACTIVITY = 0				TOTAL NUMBER OF H&W ACTIVITIES = 0				

CHALLENGES

Each participant will be paired up with a teammate for this challenge. Pairs may be traditional or Unified.

There are 2 parts to the Spring Into Fitness Challenge (SIFC):

- Both teammates complete a total of 1000 minutes of fitness activity (about 30 minutes per day, 5 days per week).
- Both teammates complete a total of 100 health & wellbeing activities (about 3 per day, 5 days per week).

Only count INTENTIONAL minutes of fitness activity, such as running or cycling. Walking during your job, for example, does NOT count. See the SIFC Activity Listing for fitness activity suggestions and health & wellbeing activities.

SCORING

- Type in the minutes of fitness activity you complete each day of the challenge.
- Type in the number of health & wellbeing activities you complete each day of the challenge.
- You will submit "TOTAL MINUTES OF FITNESS ACTIVITY" and "TOTAL NUMBER OF H&W ACTIVITIES" for results.

AWARDS

BOTH participants must achieve the requirements below to earn that award. To earn a gold medal, EACH person must complete 1000 minutes of fitness activity and 100 health & wellbeing activities. If one person hits the gold medal requirement, but their teammate only hits the bronze medal requirement, both participants will earn bronze medals.

GOLD MEDAL	1000 minutes of fitness activity + 100 health & wellbeing activities
SILVER MEDAL	750 minutes of fitness activity + 100 health & wellbeing activities
BRONZE MEDAL	600 minutes of fitness activity + 100 health & wellbeing activities

The State Office will give awards to County Coordinators for distribution.

REGISTRATION

ENTRY FEE \$3 per person (paid by the County Program)
 DEADLINE Monday, March 15 by 5:00pm Eastern
 E-FORM Registration only accepted via e-form found at www.soindiana.org/spring-fitness-challenge.
 ***Both teammates must register together using the same e-form.

RESULTS

DEADLINE Monday, April 26 by 5:00pm Eastern
 SUBMITTING Results accepted via e-form found at www.soindiana.org/spring-fitness-challenge. Do NOT submit this form.

QUESTIONS

Contact Patrick Kozlowski (pkozlowski@soindiana.org) with questions.