

1000 POINT LAKER CHALLENGE



AUG 13 TO SEP 15

NAME: _____

EMAIL: _____@clayton.edu

RULES:

1. Participants earn points for doing any type of physical activity. Use of your Fitness Center is encouraged! There is a maximum of 75 minutes per day. (Activities include, but are not limited, to walking, running, taking a group fitness class, basketball)
2. One minute of activity equals one point. Participants can complete at least 200 minutes of activity each week that is then counted toward the 1,000 points points.
3. In the chart below, record activity and points in the top portion of the day, have a member of the fitness staff initial the bottom.



4. Everyone who achieves 200 minutes will win a prize. Everyone who achieves 1,000 points in 5 weeks will earn their choice of prize.
5. Complete this sheet (1000 points with fitness staff initials) and turn it in to the front desk by Friday, Sep 28 to pick up your prizes!

ELIGIBILITY: Open to Students, Faculty and Staff

REGISTRATION: Simply fill out and turn in this sheet!

AWARDS: Your choice of a prize.

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	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
Week 1 Aug 13 – 18								
Week 2 Aug 19 – 25								
Week 3 Aug 26 – Sep 1								
Week 4 Sep 2 – 8								
Week 5 Sep 9 – 15								

TOTAL POINTS:



DREAMS. MADE REAL.



PRIZE: _____

	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
Week 1 Aug 13 – 18								
Week 2 Aug 19 – 25								
Week 3 Aug 26 – Sep 1								
Week 4 Sep 2 – 8								
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TOTAL POINTS:



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PRIZE: _____