

#GETFITWALLACECOUNTY

Entry Form

Turn this form into Joni at the WCRC or Tanna or Aften at the Wallace County Health Department with payment by **April 1.**

INDIVIDUAL PARTICIPANT:

Name: _____

Phone #: _____

E-mail: _____

TEAM PARTICIPANT:

Team NAME: _____

Name (team leader): _____ Name: _____

Name: _____ Name: _____

If Earning the 5 points for Goal Bonus Points at the end of challenge, my (team's) goal is:

** Below chart will be filled out by Joni when you check-in every Monday.

Week of:	Points Earned	Comments
April 1 - April 7		
April 8 - April 14		
April 15 - April 21		
April 22 - April 28		
April 29 - May 5		
May 6 - May 12		
May 13 - May 20		

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Activity Challenge

Dates:

The challenge will run from April 1 to May 20.

The InBody Body Composition Analyzer will be available at the WCRC for participants on:

March 29th 5:00 pm-6:30 pm and March 30th from 8:00 am - 10:30 am

The InBody will also be available to use at the end of the challenge. I encourage you to take advantage of this availability to you, it is a great way to measure positive changes in your body.

Entry Fee:

\$20 For Individual and \$60 for a team of 4. You may participate as both a team and an individual, if you pay both entry fees. Turn in entry form and fee to Joni Pearce at the WCRC or to Tanna or Aften at the Wallace County Health Department. If paying with a check, please make it out to Wallace County Rec Department.

Earning Points:

Participants can earn 1 point for each 30 minutes of exercise (brisk walking, biking, lifting weights, yoga, jogging, etc.) You can earn a **MAX** of 2 points each day. Team leaders will report their entire team's points to Joni (785-821-3831) on Mondays. Individuals will also report their points to Joni every Monday.

**In the event of a tie, the winner will be randomly drawn from the top point earners.

Bonus Points:

- **Goal Bonus** - 5 additional points can be earned at the end of the challenge if the team (all four members) or individual meets their set goal. This goal will be set, written, and turned in with your entry form.
- **Health Bonus** - 5 additional points can be earned at the end of the challenge if the team (all 4 members) or individual participates in the ****Wellness Option** (see below).

Prizes:

- **Prizes will be awarded to the highest scoring male, highest scoring female, and highest scoring team.**
- **Individual winners** (male and female) will receive a 3 month membership to the WCRC or \$75 in Chamber Bucks.
- **Each team member of the winning team** will receive 1 month membership to the wellness center or \$25 in Chamber Bucks.
- There will also be **weekly prizes** awarded during the challenge including water bottles, insulated lunch bags, and a Fitbit!

****Wellness Option:** To earn the 5 additional Health Bonus points you must complete an InBody scan at the beginning and end of the challenge, 3 blood pressure checks with Tanna Smith, and report your weight weekly (Mondays) to Joni Pearce.

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Point Sheet (Keep for your own records)

April 1 - May 20

Name: _____

Team Name: _____

Beginning InBody Scan Yes, I completed _____

No, I did not complete _____

Beginning Weight _____

Beginning Blood Pressure _____

April 29 Weight _____

April 29 Blood Pressure _____

May 20 Weight _____

May 20 Blood Pressure _____

End of Challenge InBody Scan Yes, I completed _____

No, I did not complete _____

****If earning the Wellness Option bonus (5) points, make sure to report your weight to Joni weekly, every Monday by text or call (785-821-3831). To earn the 5 Wellness Bonus Points you must complete a beginning and end InBody Scan, 3 BP checks, and report weight weekly. All team members must complete these tasks if the team is to earn 5 points.**

You can record your points below. 1 point = 30 minutes of exercise (brisk walk, biking, jogging, weight lifting, yoga, etc.). MAX of 2 points can be earned daily.

Week of:	Points Earned	Comments
April 1 - April 7		
April 8 - April 14		
April 15 - April 21		
April 22 - April 28		
April 29 - May 5		
May 6 - May 12		
May 13 - May 20		

Goal Bonus (5 points) My Goal (My team's goal) for this challenge is:

Example (Exercise 5 days a week for at least 30 minutes). Or Lose _____ lbs. This can be anything health related. All team members must complete the team goal for the 5 points to be awarded.