

# What's Your Flavor?

## February Fitness Contest

4 Ways to Play –

**FITNESS CHALLENGE**

**FITNESS TEAM CHALLENGE**

**IRONMAN CHALLENGE**

**IRONMAN TEAM CHALLENGE**

How to Play:

**1<sup>st</sup> – Pick Your Flavor**

**Fitness Challenge** – Points earned for Fitness Center workouts and Fitness Classes. Try to get the most points on your own.

**Fitness Team Challenge**- Create a team of 3 people and try to get the most team points.

**Ironman** – 4weeks to complete Ironman Distance 2.4 mile swim, 112 mile bike ride, and 26.2 mile run.

**Team Ironman** – 4 weeks to complete the distance with a team of 3 people.

Teams will use individual tracking sheets but will combine points at the end of each week.

**Contest Begins February 15<sup>th</sup> and Ends March 14<sup>th</sup>**

**Next: Complete an enrollment form pick up a packet and get started!!!**

## Contest Registration

Your Name: \_\_\_\_\_

Teammates if

any: \_\_\_\_\_

\_\_\_\_\_

What's Your Flavor: (pick one)

- FITNESS CHALLENGE
- FITNESS TEAM CHALLENGE
- IRONMAN CHALLENGE
- IRONMAN TEAM CHALLENGE

E-Mail address \_\_\_\_\_

Phone number \_\_\_\_\_

Best way to contact you? \_\_\_\_\_

Log and track your results at [www.midymca.org](http://www.midymca.org)

Fitness Challenge Tracking:

- Earn 10 points for every fitness class attended.
- Earn 10 points for every 30 minutes of exercise in the Fitness Center

<b>Week 1</b>	<b><u>Class Points</u></b>	<b><u>Fitness Center Points</u></b>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<b>Total:</b>

<b>Week 2</b>	<b><u>Class Points</u></b>	<b><u>Fitness Center Points</u></b>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<b>Total:</b>

<b>Week 3</b>	<b><u>Class Points</u></b>	<b><u>Fitness Center Points</u></b>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<b>Total:</b>

<b>Week 4</b>	<b><u>Class Points</u></b>	<b><u>Fitness Center Points</u></b>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<b>Total:</b>

4 Week Total: \_\_\_\_\_

**Ironman Challenge: 2.4 mile Swim/ 112 mile Bike/ 26.2 mile Run**

	Swim	Bike	Run	
<b>Week 1</b>				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
				<b>Total:</b>

	Swim	Bike	Run	
<b>Week 2</b>				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
				<b>Total:</b>

	Swim	Bike	Run	
<b>Week 3</b>				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
				<b>Total:</b>

	Swim	Bike	Run	
<b>Week 4</b>				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				