





FITNESS Challenge

The University of Scranton
WELLNESS WORKS
for a healthier you




BASIC GUIDELINES:

-  Teams of 3-5 people must be comprised of at least one faculty/staff member and one student
-  Each team must elect a team captain who is responsible for submitting scores to the Center for Health Education and Wellness



- [Open the Brochure and Registration Form](#)

POINT GUIDELINES:

Reporting Points:

-  Team members must report scores to team captain by 8pm on the Sunday concluding a week (Feb. 15, Feb. 22, March 1, March 8).
-  Team captain must submit scores via email to valisj2@scranton.edu every Monday by 1pm (Feb. 16, Feb. 23, March 2, March 9).
-  All participants are required to track their individual points for the 4 week program in an honest manner.

Earning Points:

-  One point is awarded for every 15 minutes of physical activity.
-  POWER points are available for attending special fitness sessions or for incentive days. Please refer to the [calendar of events](#) for the schedule of fitness sessions and check your email throughout the challenge for information on incentive days.

- [Open the Point Tracker Form](#)
- [Open the Calendar of Events](#)



For Questions or Concerns Contact:

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