

FITNESS CHALLENGE POINT SYSTEM

TO GET CREDIT FOR YOUR WEEKLY POINTS YOU MUST DO AN ACTIVITY THREE (3) DAYS A WEEK. ONE ACTIVITY A WEEK MUST BE AEROBIC *. YOUR GOAL IS TO DO 30 -50 POINTS PER WEEK.

15 POINTS

Swim 10 continuous laps (legal pool length)

Bike over 10 miles

Walk 3-4 miles (not a treadmill) each additional mile is 1 point.

31 or more push ups

31 or more sit ups

30 or more jumping jacks

Exercise 1.5 hrs (i.e. Dance exercise tape*)

10 POINTS

Walk 2- 3 miles*

Walk up and down 5 flights of stairs continuous

Swim for fun 1 hr*

Play a sport for 1 hour

Bike 5 - 10 miles*

21 to 30 push-ups

21 to 30 sit-ups

21 to 30 jumping jacks

Exercise 1 hr*

5 POINTS

Walk 1-2 mile (not a treadmill)

10 to 20 push-ups

10 to 20 sit ups

Lift weights for 20 minutes

Walk up and down a flight of stairs 5 times

10 to 20 jumping jacks

Bike 3 – 5 miles*

Exercise 30 minutes*

1 POINT

Walk ½-1 mile

Three to Nine push-ups

Three to nine sit ups

5 to nine jumping jacks

Bike up to 2 miles

Exercise 20 minutes*

* combo of : turbo jam/ sports/ aerobics/ lifting weights/exercise machines.