

2017 SPD FITNESS CHALLENGE RULES

- 1) Every participant must pay **\$20.00** to enter. The money must be paid prior to the initial weigh in and will be held by a member of the fitness committee during the competition. **\$30.00 per couple.**
- 2) The scale to be used for all weigh ins will be the police department scale located in the SPD Fitness Center.
- 3) The initial weigh in can be done the week of January 2nd and witnessed by Sgt Lorenzo or his designee. The 30 days starts January 9th.
- 4) All weigh ins must be initialed by the participant and the measurer.
- 5) No shoes are to be worn during the weigh in.
- 6) Clothing worn during the initial weigh in must be similar to the clothing worn during the remaining weigh ins. For example, if you wear jeans during the initial weigh in, you must wear jeans during the other weigh ins, etc....
- 7) The final weigh in will be on February 8th.
- 8) The overall winner will receive a cash prize and will have his or her name engraved on the plaque in the fitness center.
- 9) Any participant who loses 5% of his or her initial body weight and completes the 30 miles and 30 quarts challenge will be put into a drawing for a door prize and will receive his or her entry fee back.

Any participant who completes the 30 miles and 30 quarts part of the challenge will receive \$10 back and have his or her name put into a drawing for a door prize.
- 10) The 30 mile / 30 quart log must be filled out and turned in at the final weigh in.
- 11) You have to drink atleast 4 cups of water daily. A maximum of 4 cups per day will count towards your log, totaling 30 quarts in 30 days. (ie: You don't drink water on Mon or Tues, but you try and make up for it on Wed by drinking 12 cups. This would disqualify you from winning the challenge. ie: You drink 6 cups of water on Monday. Only 4 cups counts for the day. would simply check off the box that you met the 4 cups for the day.)

Remember, there are no losers. Everyone who participates wins better health!!!!

2017 SPD FITNESS CHALLENGE LOG

Activity	Distance/time	Log		Activity	Distance/time	Log
Walk	1 mile =	1 mile		Row	1 mile=	3 miles
Run	1 mile =	1 mile		Swim	500m =	1 mile
Bike	15 mins =	1 mile		Elliptical	.5 mile=	1 miles
	30 mins=	3 miles			1 mile=	2 miles

(ie: You bike for 15 mins after work. You would then log that you completed 1 mile towards the 30 mile challenge).

Week 1

Miles

Water

Week 2

Miles

Water

Week 3

Miles

Water

Week 4

Miles

Water

Total Miles=