**The Social Fitnessing Challenge Rules**

**Participants (club members) earn points by performing weekly activities:**

**Week One**

* Workout 30 minutes (or more) at the club’s fitness center = 5 points max per day, 15 points max for the week
* Complete the assessment *this week* = 20 points max

**Week Two**

* Workout 30 minutes (or more) at the club’s fitness center = 5 points max per day, 15 points max for the week
* Track your water intake = 5 points max per day, 35 points max for the week

**Week Three**

* Workout 30 minutes (or more) at the club’s fitness center = 5 points max per day, 15 points max for the week
* Journal for at least 5 minutes = 5 points max per day, 35 points max for the week
* Stretch for 10 minutes = 5 points max per day, 35 points max for the week

**Week Four**

* Workout 30 minutes (or more) at the club’s fitness center = 5 points max per day, 15 points max for the week
* Attend a wellness-oriented seminar at the club = 25 points
* Complete the assessment (again) = 20 points max for the week

