

****Use this template to design your own fitness challenge
for your department or school****

ASD Workout for Wellness

12-week fitness challenge
September 8-December 1

Starting Monday, September 8, teams of seven will start logging minutes of physical activity using the activity logs. During this twelve-week program teams work together to record a total of 10,000 minutes of exercise. This averages just 30 minutes of exercise four days/week for each member.

You can form or join a team by completing this form and returning it to the communications department (fax: 742-????). Each person keeps his or her own log and once each week the team captain will log the total number of minutes on ASD Workout for Wellness bulletin boards. Regular meetings will be held to share successes and log team minutes.

We are all exercising at different levels, but the goal is consistency and improvement, no matter where you begin. Individual logs will be viewed only by the team captain who will calculate and log total team minutes. To stress consistency and personal improvement and increase fairness between teams, a maximum of one-hour of activity per person may be logged each day (see attached guidelines for information about "banking" time).

Yes, there will be some prizes --- but the real reward is your own personal wellness and the rapport with your colleagues.

Interested in forming a team or joining one? Complete the form below and return it to the communications department by fax (742-????).

Team Captains Meeting: Friday, September 1 – Time & Location TBA

Participant Kick-Off Meeting: Friday, September 8- Time & Location TBA

Name: _____ Department/School: _____

Check One:

I would like to participate, please put me on a team.

I will be a team captain, my teammates are listed below. (If you don't have a full team of seven, leave blanks and others will be assigned to your team).

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Role of Team Member:

- Log physical activity daily
- Be consistent
- Communicate with your team captain
- Report weekly total to captain each week
- Try new activities!
- Have fun!
- Attend weekly meetings for motivation (optional)
- Participate in group activities (optional)

Role of Captain:

- Motivate your team
- Communicate with them regularly about exercise
- Collect activity logs and summarize total minutes for the team each week
- Attend weekly log-in meetings or send a representative
- Keep activity logs confidential
- Remember, everyone's fitness level is different; encourage each individual at his/her level
- Get a team photo and bio for bulletin board (optional)
- Organize team fitness activities (optional)
- Host one weekly log-in meeting (optional)
- Make it fun!

Guidelines:

- Goal is 10,000 minutes of activity per team over 12 weeks
- Teams consist of seven people
- Activity logs kept from September 8-December 1 will count
- A consistent pattern of exercise is encouraged
- Any activity that increases heart rate is eligible
- Participants log on an honor system
- A max of one-hour/day or seven hours/week may be logged
- Individuals can "bank" time during the week to meet the seven hour total (i.e. if you are training vigorously you need a "rest day" but may accumulate more than one hour on work-out days).
- Logs include additional wellness tracking (food, water, rest), but tracking these is not required
- Other versions of logs may be used as long as daily and weekly totals are provided.