



fitness challenge 2011

January 15th – February 12th

official scorecard



www.befitnesschallenge.com

be fit. be well. be happy.



fitness and wellness center

[fitness challenge 2011]

Take part in Fitness Challenge 2011! Prizes are awarded for most points accumulated over the month, and for most points at the end of each week.

LOTS OF WAYS TO EARN POINTS...

- **HEALTHY ACTIVITIES:** 22 activities give you points, from checking in with your membership card to taking a Bootcamp Class! See inside for activity list, worth 10-40 points each.
- **ENTER A GUEST:** Enter unlimited friends or family into the competition at any time. Non-members receive complimentary access to **be fitness** for the duration of the Challenge and their own chance to win. Referrers receive 50 points for each guest entry in the Challenge!
- **MEGA CHALLENGES:** Each week features a different and fun Mega Challenge. Earn 100 points for each Challenge you complete.
- **GROUP PARTICIPATION:** Compete as a member of a 4-person Challenge Team and your collective points on February 12th apply towards the team prize.

...TO WIN THESE GREAT PRIZES

GRAND PRIZE

Personal Training 2 x week, Pilates 2 x week and Massage 1 x week for 12 weeks • Value: \$4000

The individual with the most points overall on February 12th wins (excluding Team Prize winners).

CHALLENGE TEAM PRIZES

Personal Training 2 x week, Pilates 2 x week and Massage 1 x week for 12 weeks • Value: \$4000

Each member of the 4-person team with high points at the end of the 28 days wins their own. (4 prizes in all.)

WEEKLY PRIZES

1 Year Platinum Membership, 1 session Personal Training (1 on 1), 1 Total Body Massage, 1 session Pilates (1 on 1) • Value: \$1275

The individual with most points at the end of each week wins. (4 winners in all.)

To participate, register at the front desk. To get credit for an activity, present this scorecard with evidence of completion to a staff member for stamping. Turn your scorecard in to the front desk on Friday of each week to be in the running for that week's prize.*

See who wins! Watch our leader board in the lobby or like us on Facebook: facebook.com/befitnesscenter **

*Weekly winners are still eligible for the Grand Prize, but can only win one weekly prize. If a weekly winner is high scorer for a second week, the next highest scorer for the week wins that week's prize.

By registering for the Fitness Challenge you agree to allow **be fitness and wellness center to post your name if you win.

mega challenges

100 POINTS EACH!

Complete during the appropriate week. See the front desk for more details.

WEEK 1: INTRO TO ZONE II

100 POINTS • January 15th – 21st

Burn 300 calories, three days/week while maintaining Zone II heart rate. Forget "No Pain. No Gain." Zone II is a smart/safe way of burning fat and getting ready for that summer swimsuit. Don't know how? Don't worry. We'll get you started. Just ask.

stamp here 1 2 3

WEEK 2: HUMAN POWER

100 POINTS • January 22nd – 28th

Move your Mass! Accumulate 10 miles on foot (on a treadmill) **or** 20 miles on bike (stationary or on Compu-Trainer). Before you know it, you'll be thinking about signing up for an Ironman!

track mileage here stamp here

WEEK 3: FEAST FOR A DAY

100 POINTS • January 29th – February 4th

Let us plan your healthy menu for a day. Choose from one of three healthy meal plans and experience just how delicious healthy eating can be. We'll even provide complimentary Body Basix snacks!

Let us know how it went and collect your points! stamp here

WEEK 4: MEET THE **be** TEAM ON FEBRUARY 9TH

100 POINTS • February 9th

Try our "club-wide" open training experience. From sunup to sundown, we'll provide a total body workout every hour, on the hour. Jump in for a minimum of one group and you'll be 100 points closer to winning!

stamp here

enter a guest!

50 POINTS

Enter unlimited friends or family in the Challenge at any time. Non-members receive free access to **be fitness** for the duration of the competition. They accumulate points and are eligible to win. You receive 50 bonus points for signing them up.

stamp here

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Name _____
 Member number _____
 Email address _____
 Age _____ Gender: M F
 Are you competing as a member of a Challenge Team?
 Team name _____
 Week#: 1 (Jan. 15th-21st) 2 (Jan. 22nd-28th)
 3 (Jan. 29th-Feb. 4th) 4 (Feb. 5th-12th)
 Total points Week 1 _____ Total points Week 3 _____
 Total points Week 2 _____ Total points Week 4 _____
 Total points _____

POINTS / ACTIVITY

10 DAILY CHECK-IN (using your membership card)

10 PILATES MAT CLASS

10 YOGA CLASS

10 OTHER GROUP EXERCISE CLASSES
 (be Cardio, be Strength, Tai Chi)

20 BRING A GUEST TO WORKOUT
 (1 day only – not entered in Challenge)

20 ZUMBA CLASS

POINTS / ACTIVITY

20 SPIN CLASS

20 TURBO KICK CLASS

20 20/20/20 CLASS

20 TRX CLASS

20 BOOTCAMP CLASS

20 RETURN A TOWEL
 (that you may have taken home by accident)

20 PURCHASE OF ANYTHING AT **café be**
 (maximum 20 points per day)

20 GROUP TRAINING SESSION
 (personal training or pilates equipment)

20 BODY BASIX SUPPLEMENT PURCHASE

POINTS / ACTIVITY

30 COMPUTRAINER OPEN RIDE CLASS

30 1/2 HOUR PERSONAL TRAINING/MASSAGE

30 PERFORM 30 MINUTES OF CARDIO ON
 CARDIO EQUIPMENT

40 1 HOUR PERSONAL TRAINING, MASSAGE, PRIVATE
 PILATES OR COMPU TRAINER CLASS

40 PRO SHOP PURCHASE

40 METABOLISM TESTING (METACHECK)
 (complimentary - a \$75 value)

40 FITNESS ASSESSMENT (no charge)

OTHER WAYS TO EARN POINTS:

10 FRIEND US ON FACEBOOK
 facebook.com/befitnesscenter (no stamp needed)

50 ENTER A GUEST IN THE CHALLENGE
 (stamped on other side of this scorecard)

100 COMPLETE A MEGA CHALLENGE
 (stamped on other side of this scorecard)