What is the Fitness Challenge?

It is a five-week wellness program that utilizes team competition to promote physical activity for North Georgia students, faculty, & staff.

Teams of 3 to 5 members can earn points through physical activity and POWER points.

Prizes will be awarded to the top participants at the closing ceremony.

**Physical Activity** = 1 point for every 15 minutes of physical activity. Each team member can earn up to 3 points per day in physical activity.

**POWER points** = Earn bonus points each week for attending Teaching Tuesday presentations, blood pressure checks, Fitness Fridays, and/or incentive days.

Team Captains are responsible for turning in points every Monday by noon.

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**Free t-shirt for each team member!**
Fitness Challenge Team Registration

Team Member #1: **Team Captain**
- Employee: ___
- Student: ___
Name: __________________________
NGCSU ID#: _____________________
Email: __________________________
  @ung.edu
T-Shirt Size: S  M  L  XL
Personal Goal: ____________________
_______________________________

Team Member #2
- Employee: ___
- Student: ___
Name: __________________________
NGCSU ID#: _____________________
Email: __________________________
  @ung.edu
T-Shirt Size: S  M  L  XL
Personal Goal: ____________________
_______________________________

Team Member #3
- Employee: ___
- Student: ___
Name: __________________________
NGCSU ID#: _____________________
Email: __________________________
  @ung.edu
T-Shirt Size: S  M  L  XL
Personal Goal: ____________________
_______________________________

Team Member #4: (Optional)
- Employee: ___
- Student: ___
Name: __________________________
NGCSU ID#: _____________________
Email: __________________________
  @ung.edu
T-Shirt Size: S  M  L  XL
Personal Goal: ____________________
_______________________________

Team Member #5: (Optional)
- Employee: ___
- Student: ___
Name: __________________________
NGCSU ID#: _____________________
Email: __________________________
  @ung.edu
T-Shirt Size: S  M  L  XL
Personal Goal: ____________________
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Team Name: _______________________________________________________________________

Registration Forms due
Thursday, January 28, 2016 by 5:00 PM!!!

Submit registration forms or questions to:
**Sarah Williams**
Sarah.williams@ung.edu
Student Health Services
Phone: 706-864-1948
Fax: 706-864-1448