

To successfully complete the Pelham Fitness Motivator, earn your FREE Year 5 Athletic T-Shirt, and qualify for weekly prizes, participants must follow the guidelines below:

1. Complete 150 Minutes of Activity Each Week

Participants must complete 150 minutes of intentional exercise each week of the challenge. This follows the CDC's recommended weekly activity guidelines for healthy adults ages 18+.

Any movement counts — walking, weights, classes, outdoor activity, sports, treadmill, etc.

2. Submit Your Weekly Fitness Log

- Hard copies of the Weekly Fitness Log available at the rec. but will also be emailed (FIRST LOG WILL BE AVAILABLE STARTING DEC. 29.)
- Use this form to record the activity you complete during the week.
- Logs are due every Tuesday by 9:00 PM.
- Submitting your log automatically enters you into that week's prize drawing.

Important:

Each person must submit their own log — even if they are on a team. Logs cannot be submitted on someone else's behalf.

If you did NOT complete 150 minutes, simply skip the log for that week and try again next week.

3. Team Participation (Optional, but encouraged!)

Participants may join the challenge as individuals OR as part of a team. If all members of a team do not submit their individual weekly log, the team will not qualify for the weekly team raffle prize, but individual team members will still qualify for individual weekly raffle prize.

Teams who have ALL members of their team complete their fitness logs for all 4 weeks of the challenge will be entered to win a team grand prize. And of course, it would be the same for individuals.

How Teams Work:

- Teams may include 2–6 people.
- Each team member still submits their own individual weekly log.
- Team standings are based on:
 - Percentage of team members who hit 150 minutes each week
 - Total minutes completed by the team (for fun leaderboard updates)
- Weekly team shoutouts will be posted.
- A small bonus prize for the Top Team of the Challenge.

Note: Team status does NOT affect individual prizes or t-shirt eligibility — it's simply an extra layer of motivation and fun!

4. Completing the Challenge (T-Shirt Requirements)

To successfully complete the Pelham Fitness Motivator and earn your shirt, you must:

- Complete 150 minutes of activity
- AND submit your Weekly Fitness Log on time
- For at least 3 out of the 4 weeks

Final logs are accepted until Thursday at 9:00 PM each week.