

## 1,000-POINT CHALLENGE I

- Dates:** Mon Sep 25 to Sun Oct 29, 2017
- Location:** Stephens Fitness Center
- History:** The 1,000-Point Challenge is an extremely popular incentive program that has evolved considerably over the years. It began in September 2002 as the Distance Challenge in which participants were “challenged” to complete a certain distance on the aerobic equipment of their choice for 10 weeks. Back then, it was offered once in the fall and once in the spring and the choice of equipment was limited to one of four types (a bike, treadmill, rower or stairclimber). In September 2003, it was changed to the 30-Day Distance Challenge and remained as such until September 2007 when it was changed to the Cardio Challenge. The 1,000-Point Challenge “came on-line” in February 2008 in its current format as a five-week incentive program that’s offered twice in the fall and twice in the spring and permits the use of all physical activities.
- Rules:** Participants earn points for doing any type of physical activity (with one minute of activity equaling one point). They can walk, swim, lift weights, take a group fitness class or do any other type of physical activity that’s preferred. Participants complete 200 minutes of activity each week for five weeks to achieve 1,000 points.
- Registration:** Participants can pick up a card (to keep track of their points) in the Stephens Fitness Center by Sunday, September 24, 2017. Or, participants can simply print the page below.
- Awards:** A choice of prizes is awarded to all participants who complete 1,000 minutes of activity over the course of five weeks. Cards must be submitted to the fitness staff by Monday, October 30, 2017.

**PRINCETON UNIVERSITY  
1,000-POINT CHALLENGE I**

**NAME:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_@princeton.edu

**PRIZE (check one):** \_\_\_ T-Shirt (size: S M L XL) \_\_\_ Duffel Bag \_\_\_ Drinking Glass \_\_\_ Luggage Tag \_\_\_ Cellphone Wallet

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
Sep 25 – Oct 01								
Oct 02 – Oct 08								
Oct 09 – Oct 15								
Oct 16 – Oct 22								
Oct 23 – Oct 29								
<b>TOTAL POINTS:</b>								

**NOTES:**

1. One minute of activity equals one point.
2. Record your activity and points in the space provided and have it initialed by a member of the Fitness Staff.
3. You must accumulate at least 200 points per week (or 200 minutes per week) during the five-week period. Note that this is a five-week program and only 200 points per week can be counted toward the 1,000 points.
4. Everyone who achieves 1,000 points in five weeks will receive a prize.
5. To receive your prize, you must complete this card and submit it to a member of the fitness staff by Monday, October 30, 2017.

EXAMPLE:

swim	<i>RB</i>
45	