1,000-POINT CHALLENGE IV

Dates: Mon Apr 1 to Sun May 5, 2019

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, March 30, 2019. 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, May 6, 2019.
PRINCETON UNIVERSITY
1,000-POINT CHALLENGE IV

NAME: _______________________________ E-MAIL: _______________________________@princeton.edu

PRIZE (check one): __ coffee mug   __ keychain flashlight   __ pint glass

<table>
<thead>
<tr>
<th>WEEK</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 01 – Apr 07</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr 08 – Apr 14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr 15 – Apr 21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr 22 – Apr 28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr 29 – May 05</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL POINTS:

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, May 6,
   2019.

EXAMPLE:

- swim
- 45