



2018 Rules

June 18, 2018 – September 9, 2018

Challenge Details

- The challenge will last a total of 12 weeks
- Kick-off event/ registration is June 16th 10am @ Weiler Park, Borden Ave, Norwich. Individuals unable to attend must register before June 18th
- The competition will be capped at 50 teams; each team will elect a Team Captain.
- Teams will consist of **4-5 individuals**.

Earning Points

- Daily Calendar Challenges
 - Individuals complete daily fitness and nutrition activities and report completion to Team Captain weekly
 - Points awarded based on number of Team Members completing the weeks challenges.
- Team Meetings
 - Teams will receive point for holding a weekly meeting to discuss the week's challenges and activities and offer support to each other.
 - It is the responsibility of the team to find a meeting time, location or platform that is effective and inclusive for the whole team.
- Team Health/Fitness Activities
 - Teams will receive points for utilizing community health and fitness resources. Examples include local 5ks, Cornell Cooperative Extension nutrition courses, hike a local trail etc. (see enclosed list for more examples)
 - At least half of the team must participate to receive points.
 - Points will be awarded for extra participants (must meet rule above)

- Team members who professionally host health/fitness activities (i.e. class instructors or hike leaders) will not receive points for these regularly scheduled activities.
- Special Challenge Events
 - Bonus points will be awarded for team participation in Special Challenge Events noted in the Challenge Calendar and Pop-up Events.
 - These events will include the Kick-off event and other Challenge sponsored events.
 - No extra participant points awarded at these events.

Awards

- Team Awards
 - Points will be accumulated over the 12 week Challenge and
 - Teams with the most points will be awarded a donation to the **Local Charitable** organization of their choice.
- Individual Awards
 - All participants are asked to be measured (height and weight) at Registration and again before Award Event.
 - Awards will be given to individuals with the largest % decrease of BMI.

Other things

- Reporting is based on the honor system so please report honestly!
- Weekly Reports must be submitted each Monday by the Team Captain
- A large amount of our communications will be via email to Team Captains and posted on our Facebook page. Like us and check back for updates.
- Regular prizes will be awarded for #healthyselfies posted to our Facebook page. Take a picture of yourself or your team and post it to our page. (These are really fun!)
- Challenge materials (Rules, Scoring Rubric, Calendar etc.) can be found on our website: <https://www.co.chenango.ny.us/public-health/chobani.php>

Questions or comments can be sent to:

- Email - healthycommunity@co.chenango.ny.us
- Post them to our Facebook page www.facebook.com/buildingahealthycommunity
- Call- 607.337.1673

Most importantly Eat Smart, Play More and have fun!