



# Triple Threat Team Challenge

## Game Play Instructions

This challenge is designed to encourage you to make better food choices, be more active, add variety to your workouts and incorporate cardio & strength training into your weekly routine.

This is a team challenge and each team will be made up of three people. Each participant is able to earn his/her own points, which will help build points and earn ballots. For every three points you earn, you will receive a ballot. The team with the most ballots at the end of the three week competition will be crowned the winners!

### **Week #1:**

Participants have to track their daily intake of fat (g), sugar (g) & sodium (mg).

#### **Scoring:**

For each category that you are under the maximum daily limits, you will earn one point (maximum three points per day).

**Men:** Maximum daily limits are: 37.5g of sugar, 85g of fat & 2300mg of sodium

**Women:** Maximum daily limits are 25g of sugar, 60g of fat & 2300mg of sodium

### **Week #2:**

Participants have to do daily cardiovascular exercise. Over a period of 7 days, three different types of cardio exercise are required.

(Example: Walking on Monday, Wednesday & Friday, Swimming on Saturday & Sunday, Zumba on Tuesday & Thursday)

Each cardio session must be at least 30 minutes long.

#### **Scoring:**

Daily cardio with 3 different types of cardio over a period of seven days for 30 minutes each session  
= 21 points for the week (maximum score)

3 different types of cardio completed over a period of three days out of seven for 30 minutes each session  
= 9 points for the week

2 different types of cardio completed over a period of seven days for 30 minutes each session  
= 6 points for the week

### **Week #3:**

Participants must complete three strength training sessions (30 minutes each) over a period of seven days. We recommend that these workouts are spaced out by at least 24 hours in order to allow your muscles to rest and recuperate from your workouts.

#### **Scoring:**

3 points for every workout completed to a maximum of 9 points for the week.