



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 teams 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 fruits, vegetables and water.

Scoring:

Each participant should aim to consume three fruits, three vegetables and three 500mL servings of water daily. For each category that you complete [ie: 3 fruit consumed], you earn a point. You can earn up to 3 points per day [one for each category] and a maximum of 21 points per week.

Week #2:

Participants must complete three different types of daily cardio over a period of seven days.
(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:

3 different types of daily 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 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

