SCORING SYSTEM: Fitter, Faster, Stronger Challenge

Participants receive points for working out, participating in weekly challenges, improving fitness scores and participating in bonus point activities. For every 20 points earned, you will receive a $10 credit to your account if you complete the challenge and attend the virtual victory party.

POINTS FOR EXERCISE MINUTES:

<table>
<thead>
<tr>
<th>Rank</th>
<th>Category</th>
<th>Minutes (spread over at least 3 days)</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Fitter</td>
<td>Individual- 30 to 149 minutes Pair- 60-299 minutes</td>
<td>1 point</td>
</tr>
<tr>
<td>3</td>
<td>Fitter, Stronger</td>
<td>Individual- 150-299 minutes Pair- 300-479 minutes</td>
<td>2 points</td>
</tr>
<tr>
<td>2</td>
<td>Fitter, Stronger, Faster</td>
<td>Individual- 240 to 299 minutes Pair- 280 to 599 minutes</td>
<td>3 points</td>
</tr>
<tr>
<td>1</td>
<td>Beast Mode</td>
<td>Individual- 300+ minutes Pair- 600 +</td>
<td>4 points</td>
</tr>
</tbody>
</table>

WEEKLY CHALLENGES:
Report on your accomplishment directly on the Google doc, or email to me at peggy.merrill@ymcanoco.org along with your workout minutes for the week and I will update.

Individuals earn 2 points for each week they accomplish the challenge of the week.
Pairs earn 4 points for each week when BOTH participants accomplish the challenge of the week.

FITNESS ASSESSMENTS:
Though we will feature the top performers on leaderboard page and keep our eyes on the ones to beat – the points will come from improvements in your fitness scores:

Body Composition:
Individual
- BF% Reduction – 1 point for each %
- Skeletal Muscle Mass increase – 2 points for each pound

Pair (BF% and Skeletal Muscle Mass will be added together)
- BF% Reduction – 1 point for each %
- Skeletal Muscle Mass increase – 2 points for each pound

Push-ups/pull-ups: You will do a baseline assessment in week 1 of the challenge. For each additional pull-up or push-up that you perform on your last assessment you will earn 1 point.

6-minute run/walk: You will do a baseline assessment in week 1 of the challenge. For each 10th of a mile you improve on your 6-minute run/walk test – you will earn 1 point.

BONUS POINTS: Periodically you will have the opportunity to earn BONUS POINTS for things like taking a picture of yourself in your new FITTER, STRONGER, FASTER T-shirt and posting on Facebook or for coming to class at the Y.