

## 2015 WHOI Fitness Challenge: Prizes & Recognition

### How to Qualify

- If at least 4 of your team members meet the 2-hour per week requirement and logs are submitted on time, your team will qualify for a chance to win the weekly TEAM prize!
- Each week, a winning TEAM will be selected based on a rotating set of criteria. As listed below, one week may give a prize to the team with the best name. Another week, a prize may be given to the team with the most hours exercised.
- The important thing to remember is that to qualify for the weekly prizes, at least 4 of your team members must exercise for at least 2 hours per week and submit their logs on time!
- No team can be awarded the "Winning Team" more than once.

### Weekly Winning Criteria

*Individual Raffle:* All employees who register by May 10th will automatically be entered into a random drawing for the closing ceremonies.

*Week 1:* Most Hours Exercised

*Week 2:* Most Healthy Behavior Rewards Points

*Week 3:* Random Drawing

*Week 4:* *Best TEAM Name*

*Week 5:* Most Points for Participating in Organized Events

*Week 6:* Drinking 6 (8 oz.) Glasses of Water Daily

*Week 7:* Most Points Earned

*Week 8:* Total TEAM Participation (all 5 members with at least 2-hours of activity)

*Week 9:* Random Drawing

*Week 10:* Most Minutes Walked

In addition to the above weekly team prizes, we will be offering "individual" prizes to those participants who exercise at least 2 hours every week. Each week, we will randomly draw a winner from each of the 3 categories below. The prizes will vary based on the level of participation and will include fitness-related items. In order to recognize and reward as many fitness challenge members as possible, no individual will be eligible to win more than once per category throughout the 10-week challenge.

Level 1: Performed at least 2 but less than 4 hours of activity

Level 2: Performed at least 4 but less than 6 hours of activity

Level 3: Performed at least 6 hours of activity

### Best TEAM Name Contest

For the week 4 raffle, we will hold online voting for the "Best TEAM Name" the week of April 3rd. Watch for details in an upcoming WHOI Headlines. The winning team will be officially announced on May 11th!

### Grand Prizes

At the end of the 10-week challenge, top individuals and teams will be recognized at our Grand Finale Ceremonial Reception. More details on this event will follow as we approach this date. July 15th at Carriage House.

In addition to recognizing the top achievers, we will also be holding special grand prize raffle drawings for those individuals who consistently remained active throughout the entire challenge and will be awarded for the following achievements:

1st Place: Performed at least 6 hours of activity each week

2nd Place: Performed at least 4 hours of activity each week

3rd Place: Performed at least 2 hours of activity each week

All team members who attend the closing ceremony will be entered to win random door prize raffles. You must be present to win.

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