

2015 WHOI Fitness Challenge: What's Involved - Fitness Activities

Each week, you and your team members will use individual weekly logs to document both the type and length of activities you perform. You can select from a variety of activities that are outlined on the Activities and Points sheet. Different activities are worth different amounts of points based on the level of exercise performed. Don't think you're going to be limited to just a few activities either - we have 50+ activities for you to choose from! And, we have some new rewards points for healthy lifestyle behaviors. See the Activities and Points sheet for more details (<http://www.whoi.edu/page.do?pid=32536>).

The challenge is based on the honor system and you will be awarded points for all minutes you exercise and record. Points are based on 20-minute intervals, but will be pro-rated accordingly.

You don't need to exercise at WHOI or with team members. It's your option to work out on your own or with others at your leisure, even while on vacation.

Weeks will run from Sunday to Saturday. Each week, each individual team member MUST complete their online exercise log by 3:00 pm (EST) on the following Monday. For logs submitted after the deadline, points will not be counted that week but will be included in the cumulative totals. The total amount of time exercised as well as points will be automatically tallied on the online tracking system and results will be posted on this website, and will be highlighted in WHOI Headlines. So, remember to check in often to see how your team is doing.

IMPORTANT: In order to qualify for weekly prizes, at least 4 members of your team must engage in at least 2 hours of exercise a week.

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