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2014 WHOI Fitness Challenge: Prizes & Recognition

Weekly Prizes

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 prize!

Each week, a winning TEAM will be selected based on a rotating set of criteria. As listed below, one week we 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 these weekly prizes, at least 4 of your team members must exercise for at least 2 hours each per week and submit their logs on time!

No team can be awarded the "Winning Team" consecutive weeks.

Weekly Recognition
Each week, we will recognize the "Top 3 TEAM" and "Top 3 INDIVIDUAL" performers based on total points earned. Top performers will be acknowledged in the weekly Headlines.

Weekly Winning Criteria

Individual Raffle: ALL employees who register by May 22nd will automatically be entered into a random drawing (a total of 5 prizes will be awarded).

Week 1: Best Team Name Contest (winner announced on 6/11)
Week 2: Most Points Earned
Week 3: Most Hours Exercised
Week 4: Best T-Shirt Design Contest (VOTING to take place at Employee Recognition)
Week 5: Random Drawing (unless otherwise announced)
Week 6: Most Healthy Behavior Points
Week 7: Most Minutes Walked
Week 8: Random Drawing (unless otherwise announced)
Week 9: Drinking 6 (8 oz.) Glasses of Water Daily
Week 10: Total TEAM Participation (all 5 members with at least 2-hours of activity)
Week 11: Random Drawing (unless otherwise announced)
Week 12: Most Points for Participating in Organized Events
Week 13: TBD

T-Shirt Design Contest

Design your team t-shirts to reflect your team personality. Be as creative or simple as you like.
For those teams who participated last year, please feel free to use your same team name and t-shirt design.

Best Team Name contest
We will hold online voting for the "Best Team Name" on May 28th. Watch for details in an upcoming WHOI Headlines. The winning team will be officially announced on June 11th!

Best T-Shirt contest
We will once again hold a special contest for the "Best T-Shirt Design." Please design your team t-shirt and submit a photo to Human Resources by June 12th. All photos submitted will be posted to the website. Voting will take place at the Employee Recognition event on June 25th and the winner will be announced the following week in WHOI Headlines on July 2nd. Again, please be reminded that it is okay to use your same t-shirt design from last year. Stay tuned for further details!

Grand Prizes

At the end of the 13-week challenge, top individuals and teams will be recognized at our grand finale ceremonial reception. Date, time and location to be determined.

As an added incentive to promote a more active, healthier lifestyle for WHOI employees, we will be holding special grand prize raffle drawings to 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

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