

STAY ACTIVE. FIT. HEALTHY.

60-DAY SUMMER FIT CHALLENGE

Summer Challenge 2023 Guidelines

Start Date:

June 5, 2023

Concept:

60-Day Accountability Challenge with Check-In Component

Price:

\$25 one-time entry fee

Participants will receive:

- 60-Day Habit Building Calendar
 - A habit-building checklist for water intake, physical activity, and nutrition for 60 days' worth of habits.
 - A "How to Fill Out" for this calendar for the participants, detailing how we will accept the calendar.
- Beginner workout guide
- Beginner guide to Proteins, Fats, and Carbs
- Check-in cards
- Summer Challenge Tee shirt (purchased after the initial check-ins)

Prizes:

- **Outdoor fire pit** (Courtesy of Ace Hardware)
- **Backyard Fun Pack**
 - Includes:
 - Battle Bags set
 - Wooden Ladder Ball set with scoreboard and travel case
 - Spike Ball Set with travel case
- **Family Pool Day Kit**
 - Includes:
 - (1) Tote/Cooler Combo Bag
 - (4) Beach Towels
 - UNO Splash Pool Game
 - Skip Ball Pool Game
 - Sunscreen

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HOW IT WORKS:

GETTING STARTED & CHECK-IN DATES:

Participants will check in and purchase their entry starter pack any time between June 5 & June 11, 2023. The challenge will not officially start until Monday, June 5.

Turn-in dates would be August 7-11, 2023

This challenge will not have any measurements and will be purely accountability-based.

EARNING POINTS

1. Participants can then gain official entries into the prize giveaways at the end of the challenge
 1. Complete 75% (45/60 days) of the 60-day habit tracker, this form will be turned in between August 7 and August 11, 2023.
 1. Tracker must have a check or "X" or another clear marking through the habits completed for each day.
 1. Water intake of at least 64 oz.
 2. 60 minutes of physical activity (No specific exercise is required, just 60 minutes of activity. Walk the dog, play at the park with your kids, work out at the gym, take a class, run on the treadmill, or play pickleball with your friends. As long as you're active for 60 minutes, you got this one!).
 3. Adherence to a nutritional plan of any kind. No cheat meals or alcohol.
 2. A habit tracker with 75% (45/60) or more is worth one entry into the giveaway
 3. A habit tracker with 90% (54/60) or more is worth three entries into the giveaway
 4. A habit tracker with 100% (60/60) or more is worth five entries into the giveaway
 2. Turning in Check-In participation cards throughout the 60-day time frame. Each check-in card will have 10 entries.
 1. Stamps can be earned by
 1. Checking into the club
 2. Completing a session with a personal trainer
 3. Completing a Semi-Private Session
 4. Participating in a Group Fitness class (includes Mind & Body)
 5. Participating in a Team Training class
 2. Each completed card is an entry into the giveaway

TURNING IN HABIT TRACKER & DETERMINING WINNERS

1. Participants must turn in all habit trackers and any full check-in cards between August 7-11, 2023. Members can earn points through August 11, 2023.
2. After all entries have been gathered, a drawing will take place to determine winners from the challenge. A winner will be drawn for every major prize.
3. Prize winners will be announced via Mesa Fitness Clifton & Mesa Fitness Grand Junction social media channels on August 15, 2023.
4. Prize winners will claim their prizes with a photo ID.