

# Fit & Festive Challenge

## Overview



The Fit & Festive challenge is a fun social wellness game designed to help you maintain your weight and make healthy choices during the holiday season.

This challenge is intended for employees of all fitness levels. We'll provide you with tools and resources you need to set goals, track your progress, and motivate yourself, your team, and other colleagues to have a healthy holiday season.

### Registration includes

- Access to the ShapeUp social wellness platform
- Online results tracker
- Competition logsheet
- Weekly seasonal health tips

### How it works

#### 1. Recruit your team

Team captains can register online at [members.shapeup.com](http://members.shapeup.com) and use the online system to recruit a team of 5-11 total members. Captains will lead their teams in the challenge by motivating teammates to stay healthy and track their data.

#### 2. Get ready

Sign up online to join a team. Then download and print the competition logbook in order to be ready for your company-wide, six-week Fit & Festive challenge.

#### 3. Get set

Teams compete for the highest Fit & Festive score. Points are awarded based on weight maintenance or loss, minutes of total exercise, and minutes of relaxation. Points are deducted for extra helpings at meals, unhealthy desserts, and holiday drinks consumed. Individual Fit & Festive scores are rolled up into the team score, which is calculated by averaging the scores of team members. Average percentage team weight change is also calculated.

#### 4. Go

Record daily progress online or in the printed logbook, and then transfer it online. If you choose to track your weight, no other participant will be able to see it.

**Get started today!**

Learn more at <http://members.shapeup.com>