



# Fall Fitness Funtacular!

## Rules/Regulations

### Sign Up

1. Find a buddy and Register your Two-Person team. Sorry, no singles or 3<sup>rd</sup> Wheels. Creative/fun team names encouraged (no profanity or double entendres please).
  - a. Teams must consist of at least one Colstrip Public School District employee (in any capacity). Rare exceptions may be granted at CPRD's discretion.
  - b. If a team consists of TWO District employees, they will be awarded a double signing bonus (see Earning Points).
2. Sign Up period runs from Sept. 5–11. Competition begins on the 11<sup>th</sup>.

### Earning Points

3. Signing Bonus: teams will be awarded 2 points for every district employee on the team.
  - a. One district employee and “plus one” = 2 points
  - b. Two district employees = 4 points
4. Exercising as a team at CPRD earns points! Sorry, working out alone does not count, nor does any home/nature workout. (For exceptions see Ghost Pass)
  - a. 20-30 minutes = 1 point
  - b. 45-60 minutes = 2 points
  - c. Attending any CPRD class, no matter the length of the class = 4 points!
  - d. Kickstart Bonus for your first time in a class = 2 points. Thus, the first time attending a class will garner a total of 6 points (mic drop).  
Subsequent attendance to the same class earns 4pts.
5. Reporting Points: this competition will use the honor system to record your own team points by placing stickers on a poster board (it'll be easy to understand, I promise).