Vandal Fitness Challenge 2010

Welcome U of I students to the 5th Annual Vandal Fitness Challenge. We are extremely excited about your interest and pleased to be helping the student body make positive changes toward a healthier lifestyle. The 2010 Vandal Fitness Challenge will run 10 weeks and have two different categories with men and women in separate divisions. More information is available in the links below. Make a change toward a healthier lifestyle and register today.

Overview
The Vandal Fitness Challenge is a 10 week fitness challenge for current UI students. A participant is initially tested in the first week of the challenge. The testing consists of 5 basic fitness tests; box jumps, pushups, situps, plank time, and body fat percentage. After the first week of initial testing, each participant has 8 weeks to train and diet before the final testing. The final testing is identical to the initial testing. For different fitness aspirations, each participant can choose which category they would like to enter. The two categories are “Average Joe” and “All Around Athlete” with Men and Women in separate divisions. The “Average Joe” category is based on improvement. Scoring will be based on the improvement of the participant from initial testing to final testing with regard to the fitness tests. The “All Around Athlete” category is based on performance. Scoring will be based on the best fitness tests for each participant, regardless if it was the initial or final test. To complete the Vandal Fitness Challenge and be eligible to win, each participant must be a UI student, complete initial and final fitness tests, and complete 6 weeks of activity and food logs. See below for prizes.

Registration
There is a $10 registration fee that will be deducted from your student account upon registration. Upon initial testing completion, every participant will receive a VFC water bottle. Upon completion of the Vandal Fitness Challenge, each participant will receive a VFC t-shirt.

Food Diary and Activity logs must be turned no later than one week after each week and a minimum of 6 weeks worth of submissions is required to complete the fitness challenge.

Food Diary and Activity Log
Please download and turn in your food diary and activity logs weekly via email (HankVincent@uidaho.edu) with the subject title “logs” or hard copies at the drop boxes located in the ASUI office and at the SRC. You have the option of using my template or creating your own journals as long as you follow the basic requirements. A minimum of six of each log must be turned in to be considered completed with the challenge and eligible for prizes. Also, An information packet will be emailed to you shortly about the challenge. Thank you all again for participating and I wish the best of luck to you as you work toward achieving your fitness goals.
Food Diary and Activity logs must be turned no later than one week after each week and a minimum of 6 week’s worth of submissions is required to complete the fitness challenge.
Activity Journal (PDF)
Food Diary (PDF)

Testing
Testing will be available at the following times. All testing is walk in only and done at the Student Recreation Center. Please bring your student IDs and dress appropriately for physical activity. The tests will include a body fat percentage test, a standard push-up test, a standard sit-up test, plank position time, and plyometric box jumps. Pushup, situp, and box jumps will be timed for 1 minute duration. Plank position will be timed until correct form is broken. All fitness tests will be administered by SRC Fitness Staff.

Testing Schedule

Preliminary Testing
Vandal Fitness Challenge

2/1/2010 - 2/5/2010
2/8/2010 - 4/16/2010

Prizes

These are the newly updated prizes for 2010.

1st - $300 gift card to REI

2nd - $150 gift card to Tri-State

3rd – Ipod Shuffle

*Other prizes will given out in a raffle for those completing necessary requirements (initial testing, six weeks logs, final testing)

Contact
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