FITNESS INCENTIVE POINTS LOG

POINTS AWARDED	ACTIVITY TO EARN POINTS	DESCRIPTION OF ACTIVITY	OCCURRENCE
0.25	Any Cardio Vascular Equipment	Treadmill, Bike, Elliptical, Stair Master, Rower, Summit	45 Minutes
0.25	Using Strength Training Equipment	Free Weights, Selectorized Weight, Kettle bells	30 Minutes
0.25	Running	Running outside	25 Minutes
0.25	Swimming	Swim laps using any stroke	10 Laps
0.25	Group Classes	Participate in any group class	Complete Class
0.25	DVD Class	Checkout a DVD from Fitness Office	30 Minutes
0.25	Racquet Ball Courts	Play Racquetball, Wally ball Handball	30 Minutes
0.25	Basketball Courts	Play Basketball, Volleyball, Dodge ball	30 Minutes
0.25	Outside Sports	Play Softball, Football, Soccer, Frisbee	60 Minutes
1.00	In House Challenges	Lifting Competitions	Complete
2.00	MWR 5K Run	Run in a Quarterly 5K	Complete
2.00	Intramural Sports Program	Participate in an IM Sport for entire season	Complete
3.00	Nutrition Class	Complete Course	Complete
5.00	Command Fitness Leader Course	Complete CFL Course	Complete

100 points

60 points